BEST FOR SPORT, SKY & STREAMING

MORE CHANNELS THAN ANY OTHER TV MAG!

30 AUG-5 SEPT 2025

TV&Satellite week

NEW

Highest 2 Lowest

Denzel Washington on starring as a New York music mogul in a kidnap thriller

NEW

I FOUGHT THE LAW

Sheridan Smith plays a famous campaigning mum

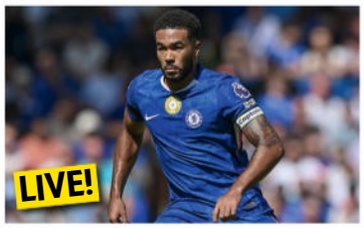
HotList This week's 28

Saturday 30

Women's Rugby World Cup

RUGBY UNION *BBC2 & BBC iPlayer*

An action-packed Saturday features Canada v Wales (kick-off 12noon), Scotland v Fiji (2.45pm), England v Samoa (5pm) and USA v Australia (7.30pm).



Premier League

FOOTBALL *TNT Sports 1 & Sky Sports Main Event & Sky Sports Premier League*

Today's action starts with the west London derby between Chelsea and Fulham (kick-off 12.30pm). Later, Leeds host Newcastle United (k-o 5.30pm).

You Bet! On Tour

ENTERTAINMENT *ITV1, 8pm*

Stephen Mulhern (above) takes the show on the road, where challenges that are far too big for a television studio will be attempted – including one that takes place on a rollercoaster at Thorpe Park.

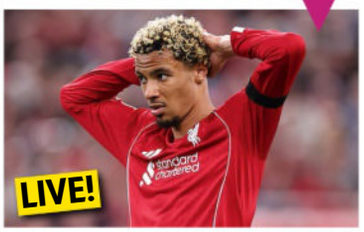
The Day Diana Died

DOCUMENTARY *5, 9pm*

The tragic death of Diana, Princess of Wales (above), in August 1997 is examined in this one-off, which details the critical hours following the accident. Ian Hislop is among the contributors.

■ Full listings start on **p35**

Sunday 31



Premier League

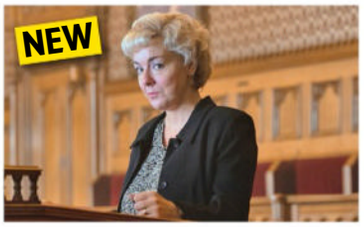
FOOTBALL *Sky Sports Main Event & Sky Sports Premier League*

Today, West Ham visit Nottingham Forest (k-o 2pm), Brighton take on Man City (2pm), Liverpool face Arsenal (4.30pm) and Aston Villa play Crystal Palace (7pm).

Educating Yorkshire

DOCUMENTARY *C4, 8pm*

More than 10 years on from the original series, cameras return to capture the real-life drama at Thornhill Community Academy in Dewsbury, West Yorkshire. *See Documentaries, page 21*



I Fought the Law

DRAMA *ITV1, 9pm (box set, ITVX)*

Sheridan Smith (above) stars in this fact-based drama as Ann Ming, who battled to change the law to ensure her daughter's killer could be brought to justice. Continues tomorrow. *See feature, page 6*

The Inheritance

REALITY *C4, 9pm*

Elizabeth Hurley (above) is 'The Deceased', who has left a fortune to one of a possible 13 benefactors, who have to compete for the inheritance, overseen by legal counsel Robert Rinder. Continues to Tuesday.

■ Full listings start on **p45**

Monday 1

The Runarounds

DRAMA *Prime Video*

From the creators of *Outer Banks* comes this drama series featuring a group of recent high-school graduates who form a band called The Runarounds, with hopes of making it big. *See feature, page 16*

It's Always Sunny in Philadelphia

COMEDY *Netflix*

Danny DeVito (above) stars as the gang are back for a 17th season, which starts with a crossover with *Abbott Elementary* (Seasons 1–4 of which are on Disney+).

The Guest

THRILLER *BBC1, 9pm (box set, iPlayer)*

Eve Myles and Gabrielle Creevy (above) star in a thriller that centres on the toxic relationship between a successful business owner and her employee – but who is playing who? *See feature, page 6*

Sitting Bull

DOCUMENTARY *Sky History, 9pm (box set, Sky Box Sets & NOW)*

The story of Sitting Bull, the Native American chief who was determined to fight back as his people's territory was encroached on by settlers and the army.

■ Full listings start on **p55**

Tuesday 2

England v South Africa: 1st ODI

CRICKET *Sky Sports Main Event & Sky Sports Cricket, play starts 1pm*

Harry Brook (above) leads England out for the first of three ODIs as the South Africans' limited-overs tour starts at Headingley.

The Sunshine Murders

CRIME DRAMA *5, 2.20pm*

Set under the Greek sun, this murder mystery focuses on two recently reunited sisters who team up to solve a series of suspicious deaths. Emily Corcoran, Dora Chrysikou and Peter Andre star.

The Great British Bake Off

COOKERY *C4, 8pm*

The tent is ready for action as 12 amateur bakers set out to prove their worth to Dame Prue Leith and master baker Paul Hollywood. *See feature, page 12*

The Great British Sewing Bee

REALITY *BBC1, 9pm*

Lights, camera, action! This week the sewers tackle movie-inspired challenges, including a pattern for a jacket like Tippi Hedren's in Alfred Hitchcock's *The Birds*.

■ Full listings start on **p65**

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ALL TRANSMISSION DETAILS GIVEN ARE CORRECT AT THE TIME OF GOING TO PRESS. COVER PHOTOS: APPLE TV+, ITV. HOTLIST WORDS: LYNETTE BRIGHTON, IAN FARRINGTON. HOTLIST PHOTOS: GETTY

Wednesday 3

Wednesday
***FANTASY DRAMA** Netflix*
As the second half of Season 2 drops, Wednesday Addams (Jenna Ortega, above) wakes from her coma to see the supposedly dead Principal Larissa Weems. *See Your Watchlist, page 17*

Stranded on Honeymoon Island
***REALITY** BBC1, 9pm*
Davina McCall hosts as 12 singletons looking for love embark on 'honeymoons' with partners they have only just met. Continues to Friday.

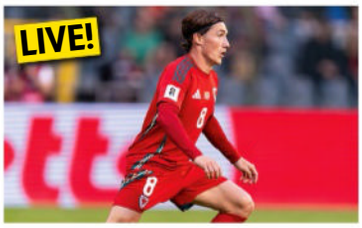
Long Lost Family: The Mother and Baby Home Scandal
***DOCUMENTARY** ITV1, 9pm*
Two-parter on how the 'problem' of unwed mothers was 'managed'. Concludes tomorrow. *See Documentaries, page 20*

A Remarkable Place to Die
***CRIME DRAMA** U&Drama, 9pm (box set, U)*
Detective Anais Mallory (Chelsie Preston Crayford, above) takes a new post in her New Zealand home town with the aim of finding the truth behind her sister's death two years before. *See feature, page 12*

■ Full listings start on **p75**

Thursday 4

NCIS: Tony & Ziva
***DRAMA** Paramount+*
The spin-off follows *NCIS* characters Tony DiNozzo (Michael Weatherly) and Ziva David (Cote de Pablo) as they are forced to go on the run in Europe. *See Your Watchlist, page 14*



World Cup qualifiers
***FOOTBALL** BBC1, S4C & BBC3*
As qualification for the 2026 World Cup continues, Wales travel to Kazakhstan (BBC1 & S4C, kick-off 3pm) and Northern Ireland face Luxembourg (BBC3, 7.45pm).

Reality
***DRAMA** Film4, 9pm*
Sydney Sweeney (above) stars as whistle-blower Reality Winner, the US Air Force veteran who leaked classified information about Russian involvement in the 2016 US election. *See review, p23*

NFL Kickoff Game
***AMERICAN FOOTBALL** DAZN*
The opening match of the new NFL season sees the defending Super Bowl champions Philadelphia Eagles – led by quarterback Jalen Hurts (above) – face the Dallas Cowboys (kick-off 1.20am).

■ Full listings start on **p85**

Friday 5

Highest 2 Lowest
***THRILLER** Apple TV+*
Director Spike Lee reunites with Denzel Washington (above) for the fifth time in their careers, with this crime thriller about a music mogul who is caught up in a life-or-death dilemma. *See feature, p4*

Women's Super League
***FOOTBALL** Sky Sports Main Event, Sky Sports Football & Sky Sports Mix*
The new term opens with Chelsea, who won their sixth successive title last season, taking on Manchester City (kick-off 7.30pm). *See Sport Week, p28*

The Paper
***COMEDY** Sky Max & Sky Showcase, 9pm, 9.30pm, 10pm & 10.30pm*
The camera crew who followed the team in US sitcom *The Office* now focus on a newspaper headed by Ned Sampson (Domhnall Gleeson). *See feature, page 8*

Mitchell and Webb Are Not Helping
***COMEDY** C4, 10pm (box set, Channel 4 Streaming)*
David Mitchell and Robert Webb reunite, 15 years after the end of *That Mitchell and Webb Look*. *See feature, page 11*

■ Full listings start on **p95**

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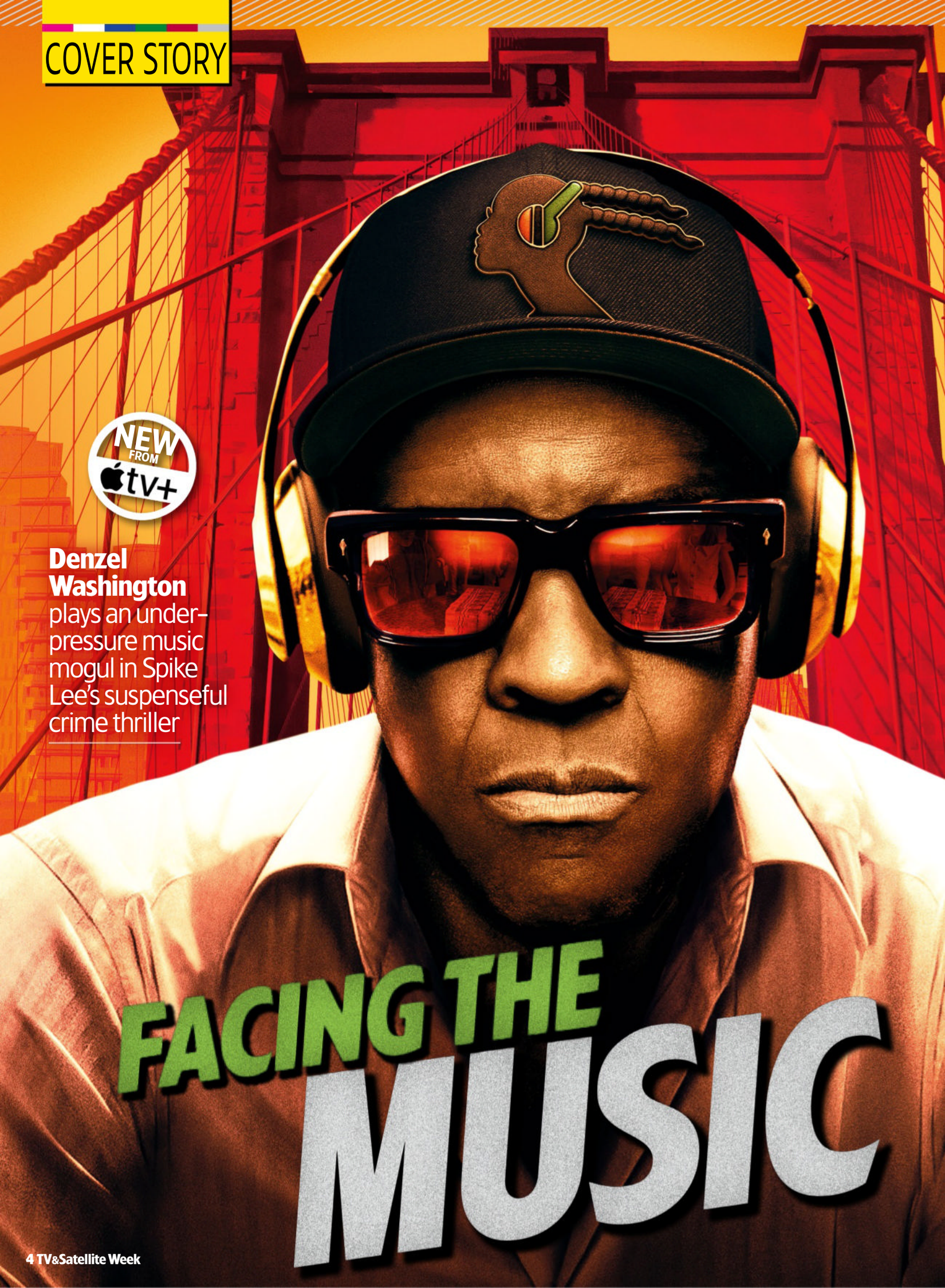
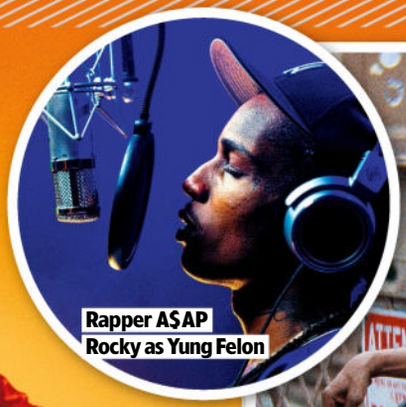


NEW FROM tv+

Denzel Washington plays an under-pressure music mogul in Spike Lee's suspenseful crime thriller

FACING THE MUSIC



Rapper A$AP Rocky as Yung Felon

David (Denzel Washington) and Pam (Ilfenesh Hadera)

NEW THRILLER

Highest 2 Lowest

From Friday 5 September, Apple TV+

Two-time Oscar-winner Denzel Washington reunites with his long-time collaborator, director Spike Lee, to play a New York music mogul facing personal and professional crises in one-off thriller *Highest 2 Lowest*.

The *Glory* and *Training Day* star portrays successful record-label boss David King. Once noted for having 'the best ears in the business', David has hit a low and is on the verge of gambling his entire fortune to retain control of his iconic yet failing Stackin' Hits label when he and his wife, Pam (Ilfenesh Hadera), receive a phone call saying their son Trey has been abducted.

'There were many times during filming that I was surprised watching Denzel in front of the cameras,' reveals Lee, 68, who has worked with Washington on several movies including *Malcolm X* and *Inside Man*. 'He's so open to improv and lifting scenes up. Not many people can do that – only the giants.'

Initially, the Kings are prepared to pay the $17.5 million ransom – until it's revealed the kidnapper has snatched the wrong boy. Youngster Kyle, the son of David's trusted chauffeur Paul, is the unfortunate victim of mistaken identity – but will David accept financial ruin in order to save Kyle?

Here, Washington, 70, and Hadera, 39, tell us more…

What appealed to you about playing the Kings?

Washington I liked the idea of this man who considered himself a god in his industry but who, when we meet him, is willing to leverage his home and everything else for a dream that may no longer be his.

Hadera Pam is a really strong presence in David's life. Despite being by the side of a powerful man, she's not this little woman at home. Pam keeps it real, is quiet in her power, and knows that she wields it.

How do you view their predicament?

Washington Business-wise, David is looking for a hit record, when there's this moral dilemma that has nothing to do with the music business. He's at a crossroads. What would you do if your son was kidnapped and then you find out it isn't your son?

Hadera It's a real moral conundrum. You'd have to be allergic to introspection not to wonder, 'What would I do? What would giving this money away jeopardise?' I hope viewers are left thinking about what they would do.

What do you enjoy about working with Spike Lee?

Washington Trust. You can only do that with someone you trust and someone you love, and I love Spike like a brother. You know, there are more films behind me than there are in front of me, so at this chapter of my career, I'm only interested in working with the best. Spike's childlike enthusiasm for his work is a gift and should not be taken for granted.

Did you enjoy filming in New York?

Hadera No one shows New York in all of its glory like Spike does. He uses every ounce of the city. One of my favourite scenes was the ransom-drop scene, where you have a Puerto Rican parade while Denzel is on the subway going to Yankee Stadium during the World Series. It's alive from start to finish.

Washington Spike *is* New York City. He sees it in a way that even I don't necessarily see it – and I was born and raised there!

Spike Lee and Denzel Washington

WORDS: ELAINE REILLY PHOTOS: APPLE TV+, GETTY

WHO'S WHO IN *HIGHEST 2 LOWEST*

David King
Denzel Washington
The wealthy music magnate wrestles with a life-or-death quandary when a kidnapper targets his fortune.

Pam King
Ilfenesh Hadera
A vital confidante, David's wife supports her spouse while gently influencing his decisions.

Trey King
Aubrey Joseph
David's son and heir sees his relationship with his music-mogul dad rocked as the shocking events unfold.

Kyle Christopher
Elijah Wright
The youngster's life hangs in the balance after he's mistakenly kidnapped instead of his friend Trey.

Paul Christopher
Jeffrey Wright
The ex-con is the King family's trusted driver and relies on old friend David to save his son Kyle.

Gabe
Wendell Pierce
David's lawyer has some bad news for the businessman when his fortunes change.

Yung Felon
A$AP Rocky
The struggling rapper harbours a grudge against David and decides to break the law to get what he wants.

FATAL friendship

Gabrielle Creevy and Eve Myles star in a gripping psychological thriller

NEW THRILLER

The Guest

Mon, 9pm, BBC1 (box set, iPlayer)

A chance encounter between two women from different backgrounds has deadly repercussions in BBC1's new four-part psychological thriller *The Guest*.

Fran (*The Crow Girl* actor Eve Myles) is a highly successful businesswoman living in an opulent mansion who meets young, down-on-her-luck Ria (*Black Doves*' Gabrielle Creevy).

'Fran is shopping in a supermarket when she first bumps into Ria. When she sees she is in trouble, accused of shoplifting, she steps in to protect her and offers her a job as her cleaner,' explains Myles.

Ria is struggling financially and isn't in a great relationship with her boyfriend Lee (Sion Daniel Young).

'Ria is clever, hard-working and ambitious with a deep desire to experience new things, but money is holding her back,' says Creevy. 'For her, meeting Fran feels like the golden ticket, but as the story unfolds, things take a darker turn.'

The two women quickly form a tight friendship that goes beyond the realms of employer and employee. But it becomes clear that the seemingly confident Fran is not everything she appears to be.

'When you scratch the surface, you see a very different person,' says Myles. 'She and Ria have a very unusual relationship and both bring out something in each other that they didn't expect.

CONFLICT

'But then they go through something very traumatic that they need to fix. What starts as a domestic drama becomes a psychological thriller, and soon there's a power struggle between them that is constantly flipping. Things explode like a grenade.'

The series was shot in Wales and both actors loved the chance to work in their birthplace.

'We filmed scenes on the beautiful beach at Rhossili Bay, and the gorgeous house where Fran lives is on the outskirts of Newport,' says Myles. 'It is the most exquisite home I have ever set foot in. There were donkeys, cockerels and even peacocks strutting around the garden.'

Fran (Eve Myles) and Ria (Gabrielle Creevy)

DI Keith Arnold (Kent Riley) with Ann Ming

Jack James Ryan as killer William Dunlop

Ann Ming (Smith) and husband Charlie (Daniel York Loh)

NEW DRAMA

I Fought the Law

Sun & Mon, 9pm, ITV1 (box set, ITVX)

Last year's BAFTA-winning, fact-based TV series *Mr Bates Vs the Post Office* memorably dramatised one man's indefatigable fight for justice.

Now, another real-life legal battle is being brought to the small screen in the ITV1 drama *I Fought the Law*, about Ann Ming, a Teesside mother of three who campaigned tirelessly for her daughter's killer to be put behind bars.

In 1989, Ming's 22-year-old daughter, Julie Hogg, went missing. Three months later, her body was found behind the bath panel in her home.

The prime suspect in the case, William Dunlop, stood trial for Hogg's murder, only for two juries to fail to reach a verdict. He later confessed to the killing, but an 800-year-old 'double jeopardy' law prevented him from being tried twice for the same crime.

INDOMITABLE SPIRIT

However, Ming was determined to get justice for her daughter and embarked on a 15-year quest that saw her challenging the law of the land and even addressing the House of Lords.

The story is being told in a four-part series starring Sheridan Smith as Ming, *Scarborough* actor

Sheridan Smith stars as Ann Ming

Justice for Julie

Sheridan Smith plays a grief-stricken mother who campaigns tirelessly to convict her daughter's killer

The real Ann Ming

Daniel York Loh as Ming's husband Charlie and *The Crown*'s Enzo Cilenti as DS Mark Braithwaite, a police officer involved in the case.

For Smith, who has portrayed singer Cilla Black and cancer blogger Lisa Lynch in TV dramas, this was a role she was very keen to play.

'I read the script and instantly knew I had to play Ann – because of her story and how she set out to fight an 800-year-old law,' says the 44-year-old.

'I just couldn't believe what she'd been through. It wasn't just losing her child – which, as a mum myself, I can't even imagine how you cope with – but also the fact that she came up against so many different people and was just ignored.'

> **'I had to play Ann because of how she set out to fight an 800-year-old law'**
> SHERIDAN SMITH

However, as the drama recounts, despite her many setbacks, Ming simply would not give up.

'She was like a lioness and just would not take no for an answer,' says Smith. 'She was this little lady from Billingham, and there she was in the Houses of Parliament fighting to change the law for Julie and right the wrongs that had been done.

'Ann Ming was in a state of angst from the minute Julie went missing, and she was in a state of anxiety for years. Difficult emotions help me to connect with the person I'm playing.'

The star is unrecognisable in the role and says the physical transformation was helpful in terms of getting under Ming's skin.

METHOD ACTING

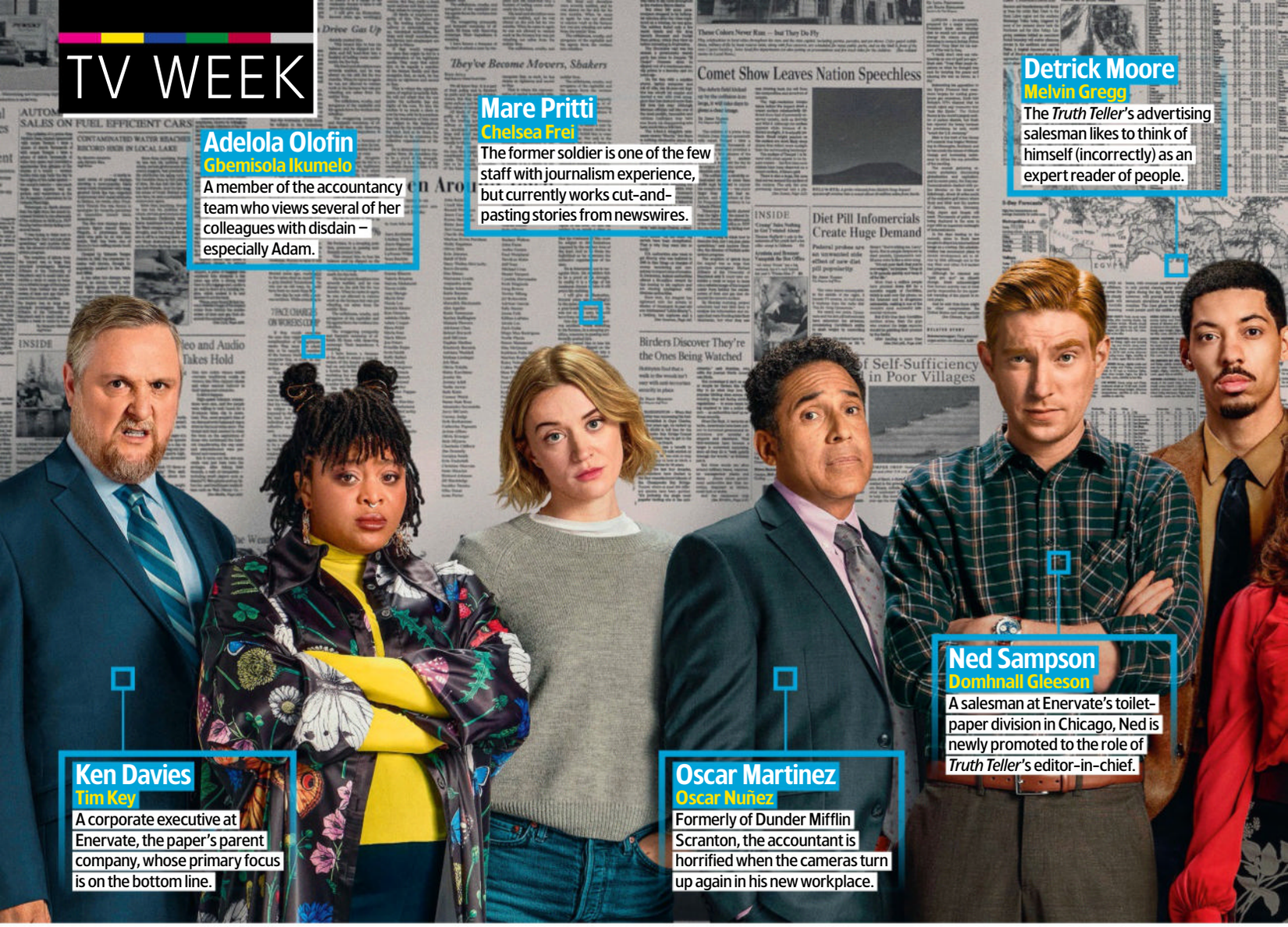
'Hair and costume did a great job,' she smiles. 'When I played my lovely friend, Lisa Lynch, in *The C Word*, I shaved my head, so it was hard to switch off when I got home. For Ann, I wore a wig all day and people on set forgot it was me in there.

'I did a lot of research, too, and we even re-created one scene from footage online. It was important to me that I played that exactly right – I even moved my handbag from one shoulder to the other, like Ann does in the clip. It's little things like that, even though nobody else will notice.'

Ultimately, Ming's tireless campaigning brought about a change in the law. In 2006, Dunlop became the first person to be retried under the new rules. He was convicted of Hogg's murder and jailed for life. Meanwhile, other bereaved families can now also get the justice they crave.

'Ann has paved the way for so many other people,' concludes Smith. 'We all owe her a great deal of respect.'

WORDS: IAN MACEWAN, TESS LAMACRAFT. PHOTOS: BBC, ITV, SHUTTERSTOCK



Breaking NEWS

Domhnall Gleeson stars in a sequel series to *The Office US*, set at a struggling local paper

NEW COMEDY

The Paper

Friday, 9pm, 9.30pm, 10pm & 10.30pm, Sky Max & Sky Showcase

The team behind *The Office US* are back this week with a new 10-part sequel series – but rather than returning to Dunder Mifflin, this time the subjects are the workforce of a fading Ohio newspaper.

In its heyday, the *Toledo Truth Teller* employed over 1,000 people, but now it runs on a skeleton staff, with its print edition relying on stories bought in from news agencies while the website churns out unreadable clickbait. That's all set to change, however, when idealistic Ned Sampson (Domhnall Gleeson) takes over as its new editor-in-chief...

'Ned's background is that he studied journalism in college, but he hasn't been working in the field since,' Gleeson, 42, tells *TV&Satellite Week*. 'He went into a more reliable job, but then had a weird midlife crisis when he found out his father was having an affair. He decided that the truth mattered to him, so he suddenly jumped back into journalism.'

THINKING BIG

On his first day, Ned tells his boss Ken (Tim Key) about his intention to rebuild the *Truth Teller*'s newsroom by hiring lots of new reporters, but he's crestfallen when he discovers the paper has no budget for that. Forced to think of other ways to enact his vision, Ned persuades his administrative staff to volunteer for journalistic duties.

'This is a newspaper that used to be very big but has shrunk over time, which is a story that I'm sure everybody is familiar with,' says Gleeson. 'Ned doesn't really have the ability necessary for the job, but he does have the enthusiasm – and that's exactly what the newspaper needs in this moment.'

> 'Ned studied journalism but he hasn't been working in the field'
> DOMHNALL GLEESON

Although there's support for Ned's vision, not everybody is on board with his plan. Prior to his arrival, Esmeralda Grand (Sabrina Impacciatore), the managing editor of the website, had been temporarily overseeing the paper, too. Worried that there's no place for someone like her in Ned's brave new world, she sets about trying to undermine him.

COLLEAGUE COMPLICATIONS

'Ned's relationship with Esmeralda is complicated from the off,' says Gleeson. 'There's definitely some butting of heads there – he's got things to battle, and Esmeralda's a huge part of that.'

WORDS: STEVEN PERKINS, ALISON SLADE PHOTOS: BBC, ITV, SKY, PEACOCK

Esmeralda Grand
Sabrina Impacciatore
The shallow, manipulative editor of the *Truth Teller*'s website feels threatened by Ned's arrival.

Nicole Lee
Ramona Young
The paper's circulation specialist is extremely conflict-avoidant and often ends up as Esmeralda's unwilling accomplice.

Adam Cooper
Alex Edelman
A naive, childlike accountant whose lack of worldliness is a source of amazement to his colleagues.

Esmeralda and Nicole

Like its parent series, *The Paper* is shot in a mockumentary format, where the characters acknowledge and address the cameras, an experience that Gleeson found unusual at first.

'You have to understand your relationship to the camera,' he says. 'Every character's relationship to the camera is different, so figuring out how Ned felt about the documentary crew being there was the key to it. Then it just becomes a different character in the room that you check in with, the same way you would with any other actor.'

WEB OF DECEIT

After winning rave reviews for her role as spiky resort manager Valentina in Season 2 of *The White Lotus*, Italian actor Sabrina Impacciatore became an international sensation – but she was still terrified when she was approached to audition for *The Paper*.

'I had never watched *The Office*, I only knew that it was a cult show,' says Impacciatore, 57. 'When my agent called me to audition, I only had 24 hours to prepare and I got so frightened. I still can't believe I got it.

'Web editor Esmeralda is a monster, but I want people to like her. When Ned suddenly arrives, she feels that she's going to lose everything – that's why she has to neutralise him...'

STORY OF THE WEEK

SOAP WEEK

This week's soaps at a glance

Zoe's back, but where has she been?

EASTENDERS

Zoe Slater returns to Walford

» **Kat is frantic** following the disappearance of son Tommy, and just as she starts to fear that he's gone for good, she gets a message from him that he's outside. But her relief at hearing his voice is followed by the mother of all shocks – he's back with her estranged daughter Zoe, who has returned to Walford after a 20-year absence.

Kat and Zoe reunite

Zoe, you may recall, left the Square for a job in Ibiza, having been through the emotional wringer after not only discovering her true parentage but also wrongly believing she'd been responsible for the death of Den Watts. Kat is overcome with emotion and desperate to talk, but Zoe has changed hugely, and the reunion is far from plain sailing.

Eventually, information comes to light about what has happened in Zoe's life since her departure. She was clearly in a bad way when we last saw her, holed up in Stacey's rented flat. Can she find a way to get back on her feet, or will her troubled past catch up with her?

» **PLUS** Patrick and Yolande tie the knot, Howie struggles with his guilt over Patrick's attack and the stolen money, and a resident is shot when Ravi searches for Okie's missing gun – but who is it and will they survive?

whattowatch.com/soaps

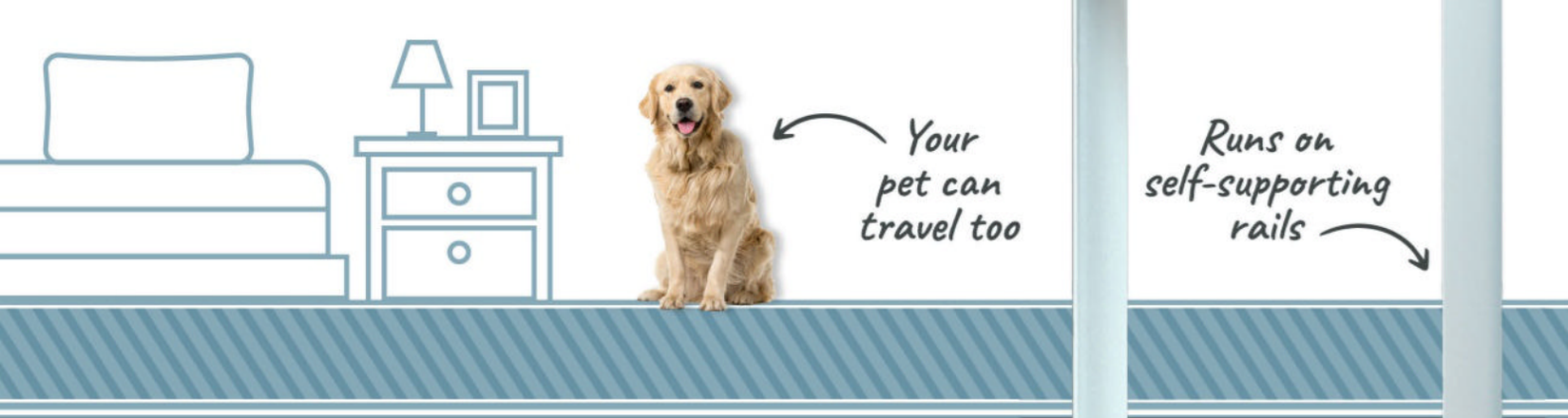
ALSO IN THE SOAPS THIS WEEK...

CORONATION STREET

» Lisa and Carla (both above) get a shock visitor, Theo attacks Todd, Jenny's jealous as George and Christina get closer, Debbie joins a dementia choir, Tracy demands her hush money from Carl, and sparks fly between Dylan and Betsy.

EMMERDALE

» John plots to drug Aaron to control him (above), April's latest job for Ray goes awry, Charity contemplates calling the police about Mack's disappearance, Tracy smells a rat over Nate's murder, and Paddy has a shock realisation.



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Joking around

David Mitchell and Robert Webb return to sketch comedy with a new cast of characters

David Mitchell and Robert Webb

From left: Mitchell, Ricote, Smith-Bynoe, Evans and Webb

As ghoulish new characters

NEW COMEDY

Mitchell and Webb Are Not Helping

Friday, 10pm, C4 (box set, Channel 4 Streaming)

Fifteen years after the end of their hit BBC2 show *That Mitchell and Webb Look*, David Mitchell and Robert Webb are returning to their sketch-comedy roots with a new series for C4, *Mitchell and Webb Are Not Helping*.

The six-part series sees the duo offering their characteristically wry and satirical take on modern life, and this time they're joined by an ensemble of next-generation comedy talent featuring Krystal Evans, Stevie Martin, Lara Ricote and *Ghosts* star Kiell Smith-Bynoe.

The new run features sketches about 18th-century housemates grappling with the invention of the toilet, an evil villain, an unhelpful therapist, and a foul-mouthed family in a fictitious TV show called *Sweary Aussie Drama*.

Here, Mitchell, 51, and Webb, 52, reveal why they feel the time is right for a new sketch show…

> **'Our starting point is always something we find illogical or wrong'**
> DAVID MITCHELL

How did the show come about?

Webb We always said that if anyone wanted to do it again, we'd be up for it. So it was a lovely surprise to be asked by C4 – and we bit their hand off.

Did you have lots of sketch ideas that you'd been sitting on?

Webb Not quite – when you haven't written sketches for so long, your brain stops thinking like that. But once you know you've got a commission for a sketch show, ideas start appearing.

Mitchell Our starting point is always something that we find illogical or wrong, although we're not crusaders against the main problems of the world. We just find that's the starting point for a lot of material.

What was the thinking behind bringing in four upcoming writer-performers for this series?

Webb The idea came from C4 – let's find a bunch of next-gen comedians that we, with our aged, creaking faces, can introduce to a wider audience. Kiell doesn't need much introduction, but perhaps the other three do a little bit.

Mitchell If you're lucky, you work with people who bring something extra to it – that's what they all do.

How different did this series feel from making *That Mitchell and Webb Look*?

Mitchell I definitely feel less pressure. We thought we'd never do another sketch show, so this is an absolute bonus. We both felt more relaxed. It just felt light and fun.

Webb The technical difference between this show and the BBC ones is that it's on C4, which means it's only 23 minutes instead of 29, so we've got less to do! But we're just so delighted to be doing this show again and we're really happy with the way it's turned out.

WORDS: STEVEN PERKINS. PHOTOS: C4

LOOK WHO'S BACK...

A familiar face appearing in a new show this week

Iain Stirling

NEW

Iain Stirling's Roast the Internet

Monday, 9pm, Comedy Central

Born in Edinburgh in 1988, stand-up comedian Iain Stirling got his big break as CBBC's continuity host, along with sidekick puppet Hacker T Dog (both pictured). Stirling has narrated ITV2 reality juggernaut *Love Island* since 2015, plus he presented CBBC's popular comedy panel show *The Dog Ate My Homework* (2014-2019) and co-wrote and starred in cult ITV2 houseshare sitcom *Buffering* between 2021 and 2023.

HIS NEW SHOW

This week, Stirling hosts irreverent comedy show *Roast the Internet*, in which he's joined by famous faces to talk about the clips, posts and trends that are going viral. They will also be sharing their own internet bugbears and offering up solutions to the more problematic elements of the online world. 'I'm so excited to be involved in this project,' says Stirling, 37. 'It allows me to collaborate with some of my favourite people on TV and the internet and lets me doomscroll TikTok while calling it work.'

Stirling talks all things internet

Hugs & handshakes

Alison Hammond and Noel Fielding are back for more bakes and banter

NEW COOKERY

The Great British Bake Off

Tuesday, 8pm, C4

Another batch of 12 nervous bakers will be wielding their wooden spoons and firing up their food mixers as they enter the celebrated tent for the 16th series of C4's *The Great British Bake Off*.

As the contestants try to tantalise the taste buds of judges Dame Prue Leith and Paul Hollywood, hosts Alison Hammond and Noel Fielding will once more be on hand to offer a shoulder to cry on.

Here, Hammond, 50, and Fielding, 52, pipe up about what to expect…

What can you reveal about this year's bakers, who range from a bridal designer to a medical student?

Fielding They really liked each other and got on as a gang. They all learnt so much. And the standard is high. It's a banger of a year!

Hammond Yes, it's great, they all love each other and don't want anyone to lose. Also, they know that it could be life-changing – they go in one person, and come out another. And they get a Hammond Hug if they're feeling down!

Prue Leith and Paul Hollywood

The series starts with Cake Week, which sees them make Swiss rolls, fondant fancies and a landscape cake. How did they find it?

Fielding The Swiss roll was tricky. But they were all pretty strong. And we identified some good bakers straight away.

Secret history

A detective investigates the **deaths of her father and sister**...

Chelsie Preston Crayford

NEW CRIME DRAMA

A Remarkable Place to Die

Wednesday, 9pm, U&Drama (box set, U)

New Zealand's stunning tourist destination of Queenstown provides the backdrop for a series of murder mysteries in U&Drama's cop series *A Remarkable Place to Die*.

The eight-parter stars Chelsie Preston Crayford (*Underbelly*) as homicide detective Anais Mallory, who returns home following a stint in Australia to take on a new lead detective job.

But Anais also has an ulterior motive – she is determined to find out the truth behind the deaths of her father and sister, who died two years apart in mysterious circumstances.

WORDS: STEVEN PERKINS, VICTORIA WILSON, RICHARD MCCLURE, CAREN CLARK, HANNAH DAVIES, NATASHA HOLT. PHOTOS: C4, U&DRAMA, BBC, CORK FILMS, GETTY, COMEDY CENTRAL

Hammond and Fielding

Was it hard for you both not to sample all the bakes, then?
Hammond I'm getting more disciplined. I only go for the ones that get Hollywood Handshakes or anything that wins the Technical.
Fielding If you taste some people's and not other people's, they can get upset. So I just say, 'I don't eat anything,' because otherwise you get caught out!

Tell us about one of the new themes later in the series, Back to School Week...
Fielding Back to School had a nostalgia element. I'd like to have seen Paul in shorts. I bet he was a naughty schoolkid!
Hammond We should all have been in school uniform! But it was lovely having flapjacks, and cake where they made their own sprinkles.

Finally, what do you still enjoy about the show?
Hammond Viewers fall in love with the bakers. We could be replaced, but they're the stars.
Fielding There's magic to it. You can't be cynical with *Bake Off*. It's positive and kind. That's important, because the world's scary, and this is a nice place.

'She's a brilliant detective with some pretty serious trust issues – and for good reason,' says Preston Crayford.

As the story unfolds, Anais starts solving a string of different cases, from a suspicious canyon car crash to a double murder at a remote campsite.

Meanwhile, she also becomes increasingly mistrustful of her ex-fiancé, restaurant owner Luke (*Wentworth Prison*'s Charles Jazz Terrier), who is now married to her former best friend, Maja (Indiana Evans, *Home and Away*), who owns a fitness centre.

Is Luke somehow implicated in the loss of her father and sister? Not only that, but it appears her mother, Veronica, also knows more than she's letting on.

'Veronica is a bit of a mystery,' explains Rebecca Gibney (*Under the Vines*), who plays her. 'She's a woman with a lot of secrets and it's these secrets that are doing the most damage to her relationship with Anais. In Veronica's mind, she's only protecting her daughter. She's a great believer in keeping up appearances.'

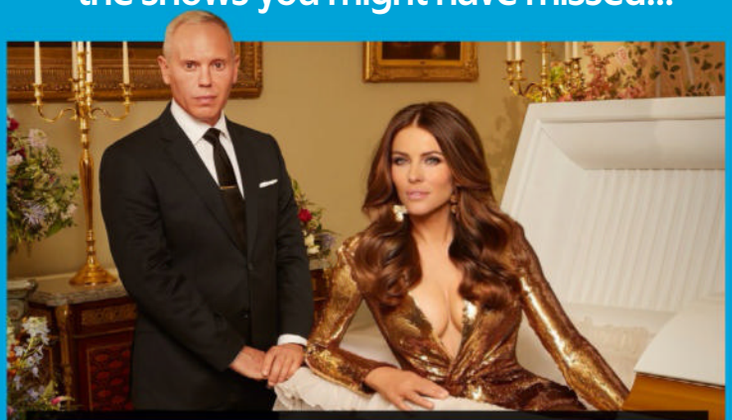
However, as Veronica's buried past continues to have an impact on her relationship with Anais, will her guilt become too much of a burden?

'The title of the drama says it all,' says Gibney 'While most people would never assume there could be an underbelly in a place as beautiful as Queenstown, there are always two sides to every story – and to every location.'

Rebecca Gibney as Veronica

WHAT ELSE CAN I WATCH?

We search the TV schedules to uncover the shows you might have missed...



The Inheritance

NEW

Sunday & Monday, 9pm, & Tuesday, 9.30pm, C4

The makers of *The Traitors* are behind this reality show that sees 13 contestants summoned to a stately home to compete for a share of a glamorous benefactor's will – and she's designed a devious game to ensure only the most cunning get their hands on the money. Elizabeth Hurley plays The Deceased, with Robert Rinder (pictured with Hurley) as The Executor.

Stranded on Honeymoon Island

NEW

Wed-Fri, 9pm (NI, Thu, BBC2), BBC1

Davina McCall (right) hosts this new 12-part dating show that sees 12 singletons matched into couples and then stranded on a deserted tropical island. The six pairs must live together and fend for themselves with limited supplies, pitting themselves and their romance against the hostile forces of nature.

The Sunshine Murders

NEW

Tuesday, 2.20pm, 5

Singer Peter Andre plays a forensic pathologist in this crime drama starring Emily Corcoran as New Zealander Shirley, who travels to Athens after finding out her biological father was Greek. Once there, she learns she has a half-sister, cop Helen Moustakas (Dora Chrysikou). Together, the pair hunt for their missing father, while solving a string of local crimes along the way.

Classic Thriller Soundtracks at the Proms

NEW

Friday, 8pm, BBC4

Film fans will love this selection of iconic movie soundtracks performed by cellist Sterling Elliott and the BBC Concert Orchestra. To mark 50 years since the death of composer Bernard Herrmann, Edith Bowman (pictured with Elliott) introduces excerpts from his scores for classic films *Psycho*, *Vertigo* and *North by Northwest*.

FRENCH connection

NCIS favourites **Tony and Ziva reunite** for a European adventure

Paramount+ NCIS: Tony & Ziva

NEW *Available: Thursday 4 September*
Genre: Drama Season: 1
Episodes: 10 (first three episodes from Thu 4 September, then weekly)

The 'will they, won't they?' romance between *NCIS* colleagues Tony DiNozzo (Michael Weatherly) and former Mossad agent Ziva David (Cote de Pablo) captivated viewers. Now, the fan favourites are starring in their own spin-off – and their relationship is just as complicated as ever.

Back in 2016, long-serving special agent Tony quit the Naval Criminal Investigative Service after learning the shock news that he had fathered a child with Ziva, who had apparently died in a mortar attack in Israel after leaving the team in 2013. But it later transpired Ziva had faked her death to protect her family, and she was last seen heading for Paris to be reunited with Tony and daughter Tali.

EXPLORING THE PAST

'This spin-off allows us to tell a ripping good yarn, but also to go back through time and address a lot of questions about the decade that has passed,' reveals Weatherly. 'What happened to them? Where are they? How are they doing?' adds de Pablo. 'There were so many questions, and in that sense, the show is like a love letter to our fans.'

The new series picks up around 10 years later in Paris, where Tony is running a security firm, Ziva is head of a language school and Tali is growing up fast.

In the opener, Ziva, who has suffered panic attacks as a result of the trauma she's been through over the years, divulges to her therapist that her relationship with Tony has gone from 'on again, off again' to 'never again'.

Meanwhile, malware that was used to steal money from Interpol is placed in Tony's hands for safekeeping – a decision that ultimately puts him, Ziva and Tali in harm's way.

As the couple – dubbed 'Tiva' by *NCIS* fans – are forced to go on the run across Europe, it's clear that, whatever problems

Stars Michael Weatherly and Cote de Pablo

they've encountered, the chemistry that always made them so enjoyable to watch in the parent series is still there.

'Tonally, the spin-off is very similar to *NCIS*,' reveals showrunner John McNamara. 'What I love about the show is that it's always been funny; it isn't just relentlessly dark. It's important to use humour to make characters more human, like in James Bond and Indiana Jones. Humour is part of human life, so it has to be in there.'

MYSTERY

But as Tony and Ziva try to figure out who is after them, will they be able to learn to trust each other again?

'It's been fun to discover where our characters are now, dealing with their daughter,' says de Pablo. 'Then add a little sprinkle of espionage and running around Europe, and things get more complicated. We just wanted them to have the chance to play again.'

Ziva's family are at risk

Ziva and Tony with daughter Tali (played by Isla Gie)

What we're watching...

The shows being enjoyed by the *TVSW* team

King of the Hill

Genre: Animation Season: 14 Episodes: 10

The animated comedy returns after 15 years with Hank Hill (voiced by co-creator Mike Judge) and his wife Peggy (Kathy Najimy) moving back to their fictional home city of Arlen, Texas, after spending several years in Saudi Arabia, where Hank worked in the propane business. He finds much has changed while he has been away, and he and Peggy struggle to adjust to retirement. But what remains the same is the show's core kindness, charm, insight and satirical humour.

Platonic

Genre: Comedy Season: 2 Episodes: 10 (released weekly)

There is warmth at the heart of this at times wry and other times madcap comedy about best pals Will (*The Studio*'s Seth Rogen) and Sylvia (*Physical*'s Rose Byrne, pictured with Rogen).

Fisk

Genre: Comedy Season: 3 Episodes: 6

Co-creator Kitty Flanagan (right) returns as Melbourne lawyer Helen Tudor-Fisk, who is now a partner in a firm of solicitors that specialises in probate and wills, in the quirky Australian comedy.

Now in production...

Three upcoming shows to look out for soon

Coven Academy

Disney+'s supernatural comedy drama will follow trainee witches who protect New Orleans from dark forces while navigating teenage rites of passage. Malina Pauli Weissman (above), Tiffani Thiessen and Malachi Barton star.

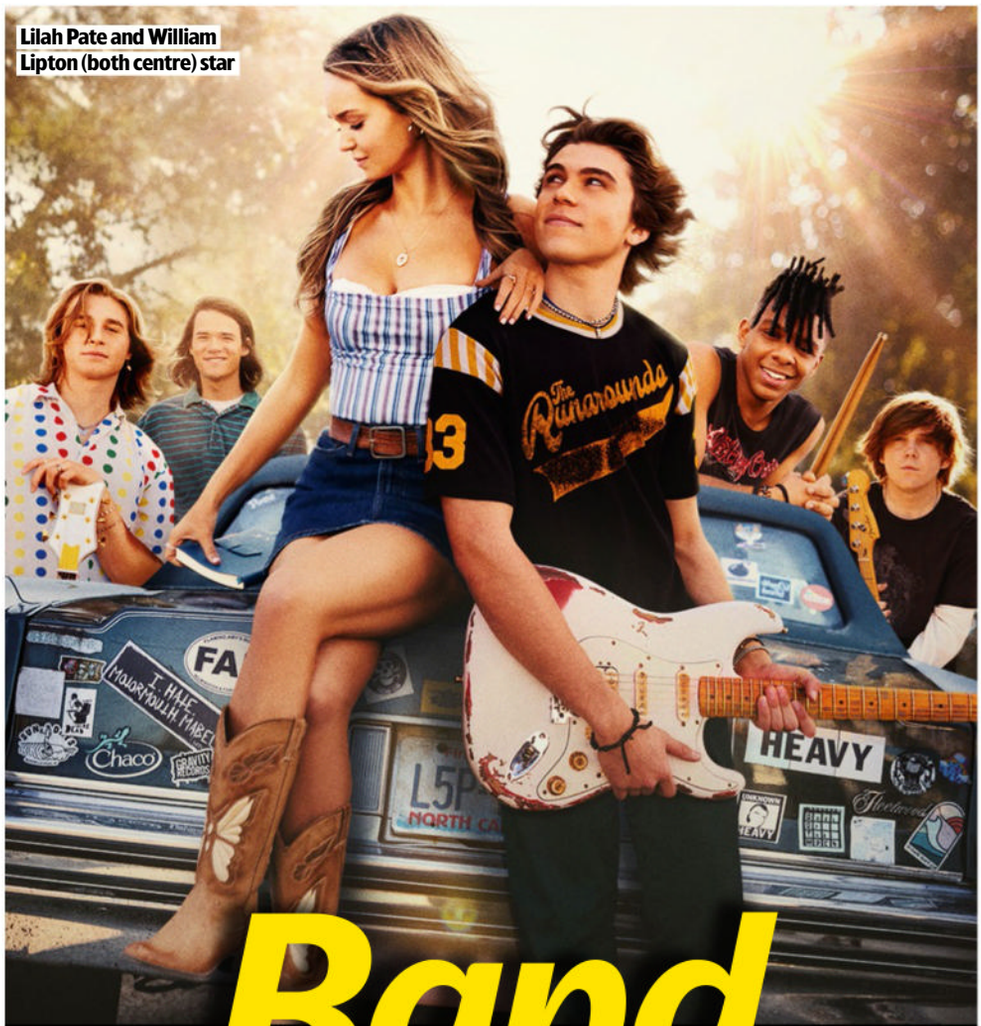
Trying

The fifth run of Apple TV+'s comedy about Jason and Nikki (Rafe Spall and Esther Smith), who adopt two children, will see Celia Imrie (above) play a hoarder who crosses paths with Jason, while Colin Morgan is Nikki's colleague and Gbemisola Ikumelo is a social worker.

Untamed

Eric Bana (above) will return for a second series of Netflix's thriller about dogged investigative agent Kyle Turner, who works for the National Park Service. After tackling a chilling case in Yosemite, he will now be looking into a dark mystery in a different US national park.

WORDS: CAREN CLARK; JUDY EWENS, IAN MACEWAN. PHOTOS: APPLE TV+, ©2025 DISNEY & ITS RELATED ENTITIES, GETTY, ITV, PARAMOUNT+, CBS, MIKE JUDGE



Lilah Pate and William Lipton (both centre) star

Band on the run

Music drama *The Runarounds* follows an **aspiring rock group**

prime **The Runarounds**

NEW *Available:* ***Monday 1 September***
Genre: ***Drama*** *Season:* ***1*** *Episodes:* ***8***

New drama series *The Runarounds* may follow a well-trodden path as it focuses on a group of teenagers who start a rock band, but this eight-parter has an added twist. For its stars are the members of a real-life band – and most of them have never acted before.

'I totally stumbled into this,' laughs guitarist Axel Ellis. 'I have not been an actor ever before in my life, so it's been a crazy, fun experience. Most of us are musicians first.'

The drama is created by showrunner Jonas Pate, and stemmed from his Netflix series *Outer Banks*, when a casting call was sent out for musicians to perform on the hit show.

As a result, the band The Runarounds was formed, comprising Ellis, William Lipton, Jeremy Yun, Zendé Murdock and Jesse Golliher. Pate then decided to write a separate, fictional show centred around the band, which follows its members as they graduate high school and decide whether to get jobs, go to college or risk it all to fight for their big music break.

'If you do anything artistic, it's kind of like jumping off a cliff,' says Pate. 'So, you have to be a little insane. Young people make that choice without understanding the life consequences. And that's the spirit of it – that willingness to do it with a bunch of your best friends.'

The series, which also stars Pate's daughter, Lilah, is filmed in North Carolina, where he took inspiration from the thriving local music scene.

'We just went down to a lot of venues and listened to a bunch of great bands,' he says. 'I thought, "It's such a brave thing to try to be a band." Because if you fail, you're broke, and you're 30, and it's hard. I just wanted to try to tell that story.'

Ringmaster

Scotland's Drew McIntyre is set to face WWE champ Cody Rhodes in Paris

NETFLIX **WWE: Clash in Paris**

LIVE *Available:* ***Sunday 31 August (from 7pm)***
Genre: ***Entertainment***

Pro wrestler Drew McIntyre, nicknamed the Scottish Psychopath, is one of WWE's biggest 'villains'. Yet as a teenager growing up in Prestwick, Ayrshire, making a living as a wrestler in the USA seemed like an almost impossible dream.

Now, however, the 6ft 5in wrestler is the only Scottish world champion in WWE history – and he's set to face off against current champion Cody Rhodes at *WWE: Clash in Paris*, airing live on Netflix.

'Growing up, I was adamant that I'd be the first person signed from Scotland to WWE,' says McIntyre, 40. 'Everybody thought I was insane, but my parents believed in me enough that the agreement was that they'd support this crazy dream as long as I stuck at school, which I did.'

McIntyre, whose real name is Andrew McLean Galloway IV, spent four years at Glasgow's Caledonian University studying for a degree in criminology while wrestling at weekends. By 2017, he'd moved Stateside to become one of the main-event players in the WWE and became champion in 2020.

His expected clash against Rhodes is part of an event that also features social-media star Logan Paul taking on wrestler turned actor John Cena, who's currently on his retirement tour.

'My body has never felt better,' says McIntyre, who also goes by the moniker, the Scottish Terminator. 'I've not felt this good since I was 25. I'm ready for it!'

Drew McIntyre (right) in action against Cody Rhodes

WORDS: CAREN CLARK, HANNAH DAVIES, NATASHA HOLT, REBECCA MAHONEY. PHOTOS: BBC, GETTY, NETFLIX, PRIME VIDEO, HBO/SKY, UKTV/TOM JACKSON, U&ALIBI

Wednesday's fate hangs in the balance as Lady Gaga joins the show

Jenna Ortega as Wednesday Addams

NETFLIX Wednesday

NEW *Available: Wednesday 3 September*
Genre: Fantasy drama Season: 2 (Part 2)
Episodes: 5-8

Tim Burton's deadly drama *Wednesday* wraps up Season 2 with four more episodes – and our ice-faced heroine is teetering between doom and destiny.

Driven by terrifying premonitions, Wednesday (Jenna Ortega) was last seen heading to psychiatric facility Willow Hill, where outcasts are used for experimentation, to uncover the identity of a crow-manipulating serial killer and the truth behind 'LOIS'. But after freeing the inmates, Wednesday came face to face with her ex, Tyler Galpin (Hunter Doohan), in his monstrous Hyde form and ended up being hurled through a window.

Now in a coma, can Wednesday claw her way back to the waking world, regain control of her psychic abilities and protect Nevermore from the Hyde's rampage?

Lady Gaga

'It's probably the darkest note that we've ever left on and I was excited to do that midway through the season,' says Ortega, 22. 'We had so much fun shooting it, and it was great to see Wednesday in that Willow Hill environment. It makes total sense that she would release a bunch of patients from a psych ward.'

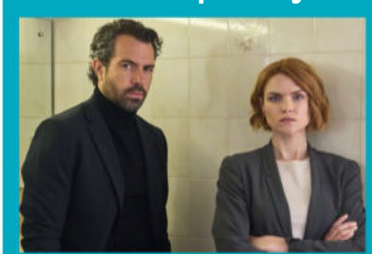
Season 2 has already thrown stars including Steve Buscemi and Billie Piper into the macabre mix, plus Dame Joanna Lumley is back stirring up long-buried family secrets as the fabulously fearsome Grandmama Hester Frump. Now, fans are in a frenzy over Lady Gaga's upcoming role in Part 2 amid rumours about the pop legend's character.

'Lady Gaga is one of the kindest, most grounded people I've ever had the pleasure of working with,' says Ortega. 'She's such a powerhouse.'

Grave DANGER

EVERYONE'S TALKING ABOUT...

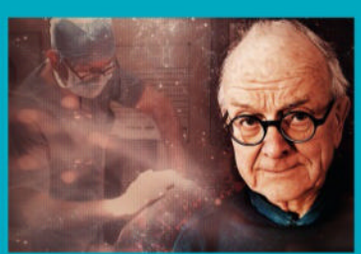
We point you towards the TV moments you won't want to miss on catch-up



sky box sets | Virgin media | NOW

Mudtown

In U&Alibi's Welsh drama, volunteer magistrate Claire (Erin Richards) oversees an arson case. But she is put in a dilemma when her ex-lover, crime boss Pete (Tom Cullen), asks her to pull strings for him.



BBC iPLAYER

Confessions of a Brain Surgeon

BBC2's powerful documentary follows retired neurosurgeon Henry Marsh (above) as he looks back at his career and talks candidly about some of his most difficult cases.

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Peacemaker

The return of Sky Max's superhero drama sees the anti-hero (WWE wrestler John Cena, above) discovering a parallel world in which his late father and brother are still alive.

BBC iPLAYER

Tommy: The Good. The Bad. The Fury

In BBC3's reality show, boxer Tommy Fury (above) speaks openly about his relationship issues with Molly-Mae Hague. Meanwhile, he also prepares for a comeback following an injury.

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Pick of the new releases

The best new shows to enjoy this week on streaming services...

Winter Spring Summer or Fall

Saturday 30 August

Romantic drama starring *Wednesday*'s Jenna Ortega as Remi, who has her future all mapped out – she'll go to Harvard and become a lawyer like her parents. Then she meets Barnes (Percy Hynes White), who lives for the moment and makes her question everything.

Let the Devil In

Sunday 31 August

True-crime docuseries. In 1988, Tommy Sullivan, a 14-year-old Boy Scout fascinated with Satan, stabbed his mother to death, torched his parents' house and then killed himself in Jefferson Township, New Jersey. Those affected by the shocking events try to make sense of it.

WWE: Clash in Paris

Sunday 31 August

The Paris La Défense Arena is the venue for the latest WWE Premium Live Event featuring wrestlers from the promotion's Raw and SmackDown brand divisions. It will see actor John Cena take on Logan Paul in one of Cena's final appearances before his retirement from wrestling. See feature, page 16.

Murder in Concrete

Sunday 31 August

True-crime docuseries. In 2013, Sebastian Bendou contacted police and confessed to killing his housemate four years earlier. He led officers to the body of Christophe Borgye, which was wrapped in tarpaulin and encased in thick concrete, in the outbuilding of a house in Ellesmere Port, Cheshire. The discovery led to two men, including Bendou, being convicted of murder. They were both sentenced to life in prison in 2014.

It's Always Sunny in Philadelphia

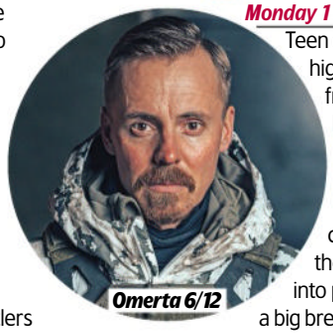
Monday 1 September

The long-running comedy created by and starring *Welcome to Wrexham*'s Rob McElhenney returns for its 17th season. Revolving around a group of narcissistic friends who run Paddy's Pub, an Irish dive bar in Philadelphia, the satirical sitcom also stars *High Potential*'s Kaitlin Olson (McElhenney's real-life wife) and Danny DeVito.

The Runarounds

Monday 1 September

Teen drama. A group of high-school students from Wilmington, North Carolina, come together after graduation to form a rock band. Over the course of the summer, they throw themselves into pursuing their dream of a big break, fall in love, get into trouble and forge unbreakable bonds. Starring *Grace and Frankie*'s Brooklyn Decker. See feature, page 16.



Omerta 6/12

Lilo & Stitch

Wednesday 3 September

Live-action reimagining of the popular 2002 Disney animation following the adventures of lonely young Hawaiian girl Lilo (Maia Kealoha) and her adopted, koala-like, blue 'puppy' Stitch – in reality an alien genetic experiment – who is both unruly and freakishly strong. Stitch helps to mend Lilo's broken family, but not without wreaking havoc. Tia Carrere co-stars. See review, page 23.

End of Summer

Monday 1 September

Swedish psychological thriller. Two decades after her little brother Billy vanished, psychologist Vera (Julia Ragnarsson) is startled when a man comes to one of her group meetings with confused memories of his childhood. Soon, she becomes convinced that he is the grown-up Billy. Previously shown on BBC4 in 2024.

Wednesday

Wednesday 3 September

The final batch of episodes of the second season of the supernatural mystery comedy starring Jenna Ortega as Wednesday Addams. As she wakes from her coma, Wednesday sees Principal Larissa Weems (Gwendoline Christie), who had seemingly died in Season 1, but is now the teen's new spirit guide. See feature, page 17.

Pokémon Concierge

Thursday 4 September

Children's stop-motion animation. Set at the Pokémon Resort, the story follows Haru, a kind-hearted concierge, and her loyal sidekick Psyduck, as they welcome guests to the getaway.

NCIS: Tony & Ziva

Thursday 4 September

Michael Weatherly and Cote de Pablo reprise their roles of Anthony DiNozzo and Ziva David in a spin-off series from long-running military crime drama *NCIS*. The two former NCIS agents, who have been raising their daughter together in Paris, are forced to go on the run across Europe after they are framed for a cyberattack. See feature, page 14.

Highest 2 Lowest

Friday 5 September

Spike Lee directs a reinterpretation of Japanese film-maker Akira Kurosawa's 1960s crime thriller *High and Low*, now played out in modern-day New York City. A music mogul (Oscar-winner Denzel Washington) is faced with a life-or-death moral dilemma when his son is kidnapped. Co-starring Jeffrey Wright. See feature, page 4.

Omerta 6/12

Friday 5 September

Finnish action thriller from Walter Presents. Terrorists storm the presidential residence on Finland's Independence Day, taking high-profile guests hostage. Security police officer Max Tanner (Jasper Pääkkönen) is appointed as negotiator and, as the crisis unfolds, must make impossible decisions to protect lives and the future of Europe.

Sister Wife Murder

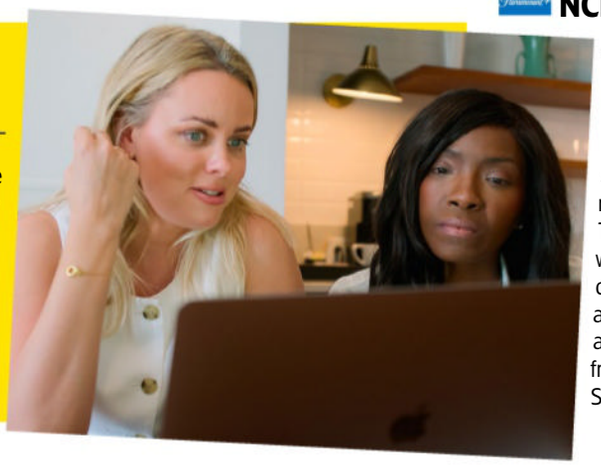
Friday 5 September

Thriller inspired by real-life events. Chloe (Dia Nash) falls in love with charismatic pastor Caleb (Matthew Daddario), only to discover that he is married to two other women. After she becomes the third 'sister wife', she soon finds herself in a toxic and dangerous situation.

Love Con Revenge

Friday 5 September

Former relationship-fraud victim Cecilie Fjellhøy, whose story was told in Netflix's *The Tinder Swindler*, teams up with private investigator Brianne Joseph as they embark on a mission to unmask romance scammers and help their victims take back control.



WORDS: JUDY EWENS. PHOTOS: C4, NETFLIX, VIAPLAY

Hosts Nicky Campbell and Davina McCall

Jean (right) with Cathy

Quest for answers

Mothers track down babies they were forced to give up for adoption

Sisters Julie (left) and Viv

NEW FACTUAL

Long Lost Family: The Mother and Baby Home Scandal

Wednesday & Thursday, 9pm, ITV1

The harrowing experiences of many women and children who passed through Mother and Baby Homes across Ireland have made headlines in recent years. Now, a *Long Lost Family* special shines a spotlight on those who were placed in similar establishments in England.

The two-parter, hosted by Davina McCall and Nicky Campbell, explores how, between the 1940s and the 1970s, around 200,000 pregnant, unmarried women were sent to Mother and Baby Homes in England and Wales, with their children being subsequently adopted.

'We've known about Ireland for years. And I knew it might be something that happened here, but I was shocked as to the scale and the negligence,' says Campbell. 'Some things we uncovered were scandalous – babies taken away from parents, and lies told.'

The presenters meet several women who spent time in the homes and are eager to find out how their babies fared following their adoptions. Among them is Jean, who wants to trace her eldest daughter Maria – now called Cathy – who she gave birth to in a Surrey Mother and Baby Home in 1956.

Julie (far left) and Viv as children, and mother Margaret (far right)

MAKING CONNECTIONS

Meanwhile, Julie and Viv are keen to help mum Margaret locate their older sister Helen – now called Sian – who was born in a Hampshire home in the late 1950s.

As experts carry out research to track down both Cathy and Sian, there are emotional reunions.

'There were huge challenges going through old records,' shares Campbell. 'But the moments of people discovering the truth after all these years stay with you.'

The show also takes a wider look at the scandal and examines how many homes were run by religious organisations, and it is suggested that some received funding from local authorities. Now, campaigners are fighting to get an apology from the UK government.

'There were lives ruined, and it's important to find out what happened and why, so that people find peace,' says Campbell. 'There are amazing campaigners. It's important to fight for justice.'

'The trauma created in those homes has a ripple effect. It affects generations,' adds McCall. 'More people may come forward when they hear others have been brave enough to speak out. The women and children deserve to be heard.'

WORDS: CAREN CLARK, HANNAH DAVIES. IAN MACEWAN. PHOTOS: BBC, C4, ITV, SHUTTERSTOCK, SKY

I Am Martin Parr

Monday, 9pm, BBC4

Photographer Martin Parr (above) is renowned for his snapshots of British life that capture the ways in which we spend our leisure time, consume and communicate. This film accompanies him on a road trip around England and explores the body of work he describes as 'serious photographs disguised as entertainment'.

Sitting Bull

Monday, 9pm, Sky History (box set, Sky Box Sets & NOW)

Produced by *The Revenant* star Leonardo DiCaprio, this docuseries looks back on the life of Sitting Bull, the Native American leader who marshalled the Lakota tribes and Northern Cheyenne to victory over the US 7th Cavalry, led by George Custer, at the Battle of the Little Bighorn on 25 June 1876.

Our Lives: Dolphin Town

Friday, 7.30pm (times vary), BBC1

New Quay on the west coast of Wales boasts the largest coastal population of bottlenose dolphins in Britain. As *Our Lives* continues, we meet the locals whose lives and livelihoods are entwined with the creatures, like 85-year-old Winston Evans, who runs dolphin-spotting trips, and marine biologist Dr Sarah Perry, who hopes to learn why the dolphins are attracted to these waters.

Nazis, U-Boats and the Battle for the Atlantic

Wed & Thu, 9pm (times vary), BBC2 (box set, BBC iPlayer)

World War Two's longest campaign was fought in the Atlantic, as Nazi U-boats targeted convoys bringing vital supplies to Britain. This two-parter examines the tactics, weapons and personnel that helped the Allies turn the tide, and highlights the role of the port of Derry in the conflict.

The Lost Neanderthals

Wednesday, 8pm, BBC4

Cameras visit the Mandrin Cave in the Rhône Valley, France, which has been the focus of archaeologists for 30 years. Regularly occupied in prehistoric times, the cave has thrown up some fascinating facts, including the existence of a new Neanderthal population, which was discovered thanks to DNA analysis of bone and tooth fragments.

Head teacher Mr Burton

Students at the school

Deputy head Zoe Ali

Back to SCHOOL

Join new head **Mr Burton** as Thornhill Community Academy reopens

NEW FACTUAL

Educating Yorkshire

Sunday, 8pm, C4

It was more than 10 years ago that the C4 series *Educating Yorkshire* first hit our screens, with fans of the show captivated by the moving story of Year 11 student Musharaf, who overcame his stammer with the help of his inspirational English teacher Mr Burton.

Now, cameras are back at Thornhill Community Academy in Dewsbury as teachers face fresh dramas, from rising teenage anxiety to the impact of social media. But this time, Mr Burton has stepped up and is now Thornhill's head teacher!

Musharaf in the original series

HIGHS AND LOWS

'The success of the first series was amazing,' says Burton. 'School is a universal theme, so everyone could relate to some element of it. Lots has changed since then, but at Thornhill we're not afraid to show the highs and lows. We want to show the ambition and challenges that teachers deal with, so we can talk about it on a national scale, and it's a privilege to be part of that.'

With 64 fixed-rig cameras in place throughout the 900-pupil school filming five days a week for seven weeks, the eight-part series captures what the teachers and students face on a daily basis. And like most schools in Britain, there are challenges at every turn.

Deputy head Zoe Ali is seen conducting searches for contraband items, including suspected weapons, while newly qualified maths teacher Josh Geary has his work cut out with some of the more tricky students.

NEW CHALLENGES

Nationally, there's also an attendance crisis, as well as major recruitment issues, with almost a third of new teachers leaving the job within five years.

'The challenges the profession faces are well-publicised, but I'm proud of how our staff and students work together through those,' says Burton. 'One of the biggest is access to devices and the internet. Students have a world of answers after a few clicks of a mobile phone, and access to social media means bullying and other issues that would previously have been left at the school gates now continue out of school. If you go even further, kids now have easy access to AI and other tools. It's fair to say, we're kept busy!'

Maths teacher Josh Geary

Films Our pick of this

COMEDY MYSTERY

Available now, Netflix ★★★★

Richard Osman's murder-mystery novels (the fifth is out 25 September) have set the book charts alight every since they've been published. This adaptation of the first is likely to bring the series even more fans, as we visit Cooper's Chase, a luxury retirement facility where the titular gang of pensioners meets up to solve cold cases.

Spotting a useful skill set, mysterious leader Elizabeth (Helen Mirren) – with ex-trade unionist Ron (Pierce Brosnan) and psychiatrist Ibrahim (Ben Kingsley) – invites nurse Joyce (Celia Imrie) to the crime-solving team. Very soon, though, they have a murder on their own doorstep...

There's a touch of *Midsomer Murders* to this light and bright whodunnit, with a plethora of high-profile cameos to boot, including David Tennant, Richard E Grant and Paul Freeman, as our daring old-timers also cajole bored copper Naomi Ackie to assist in their investigation. The acting may hover towards ripe at times (Brosnan's cockney accent is... singular), but this cannot help be anything other than terrifically entertaining. From 28 August. 2025, 12, 120MIN

A stellar cast led by **Helen Mirren** sets out to crack a case at their retirement home

The Thursday Murder Club

MOVIE OF THE WEEK

STAR RATINGS ★★★★★ Excellent ★★★★ Very good ★★★ Good ★★ Average ★ Poor

WORDS: JASON BEST, NIGEL PIZEY, KATE STABLES

More premieres and Day by Day planner>>>

Week's Best Movies

DRAMA

Reality

Thursday, 9pm, Film4 ★★★★

Tina Satter's mesmerising debut conjures a grabby 'verbatim drama' from the June 2017 FBI questioning of a young intelligence officer. Sydney Sweeney stars as Reality Winner, accused of leaking secrets to the media about Russian hacks of US voting systems in the 2016 US election. Satter turns the FBI audio transcript of Winner's at-home interrogation into a gripping docudrama, a skilful mix of the banal and the bewildering as Agents Garrick and Taylor (Josh Hamilton and Marchánt Davis) initiate a whirlwind search-and-seize in Winner's home, while chatting pets and gym routines with their dazed suspect. Sweeney is superb, sliding from amiable puzzlement to flirtatious chat, keeping you unsure if Winner's a super-spy or simply sideswiped by events. 2023, 12, 83MIN

All connected: Sydney

Good-ish: Florence leads the team

SUPERHERO

Thunderbolts*

Available now, Disney+ ★★★★

Headed by Florence Pugh's nimble assassin Yelena Belova, a ragtag bunch of Marvel's rejects and losers are unlikely saviours – and even unlikelier allies. There's sacked second-string Captain America John Walker (Wyatt Russell), phase-shifting Ghost (Hannah John-Kamen) and an addled enigmatic amnesiac in pyjamas called Bob (Lewis Pullman), part of a secret experiment initiated by Julia Louis-Dreyfus' corrupt CIA director, Valentina Allegra de Fontaine. Joined a little later by David Harbour's bear-like Russian Alexei (Yelena's adoptive father) and Sebastian Stan's Bucky Barnes (now a US congressman), the group have to overcome their individual personal traumas to foil Valentina's megalomaniac schemes. It all adds up to a good blend of bruising action and snarky comedy. **From 27 August.** 2025, 12, 127MIN

PERIOD EPIC

The Brutalist

Friday, 9pm, Sky Premiere ★★★★★

This monumental drama constructs a convincingly sturdy fictional biopic of a Jewish-Hungarian Holocaust-surviving architect (played by Adrien Brody), who strives to remake his life in the US. Brody's László Tóth travels without his wife (Felicity Jones) who's still stranded in Europe, as he finds a patron in industrialist Harrison Lee Van Buren (Guy Pearce) who could help him achieve his architectural dreams. As director Brady Corbet builds up his depiction of this uncompromising modernist, he also carries out a powerful demolition job on the myth of the American Dream. 2024, 15, 1215MIN

Dreamer: Adrien

Best bud: Maia

FAMILY SCI-FI

Lilo & Stitch

From Wednesday, Disney+ ★★★★

Disney's treasured 2002 animated movie about the friendship between a lonely six-year-old girl and an anarchic alien is the latest of the studio's films to get the live-action treatment and, unlike some of Disney's recent remakes, the result largely captures the qualities that made the original so beloved. Genetic alien experiment Stitch crashes to Earth in Hawaii and is taken up by the rambunctious Lilo (Maia Kealoha, wonderful), who has been sowing her own brand of mayhem since the death of her parents. Their sweet relationship makes for a heartwarming, fun treat. 2025, U, 108MIN

Films

HORROR

28 Years Later

From Monday to buy or rent from digital stores ★★★★

Almost a quarter of a century after introducing audiences to the terrors of sprinting zombies with 2002's startling post-apocalyptic horror thriller *28 Days Later*, director Danny Boyle and writer Alex Garland reunite for this terrific sequel. Ignoring the far weaker *28 Weeks Later*, the plot of the latest movie revolves around a 12-year-old boy (impressive newcomer Alfie Williams) who lives with his steely father (Aaron Taylor-Johnson) and ailing mother (Jodie Comer) among a community of survivors on an island off the north-east coast of England.

He has never known a time before the so-called rage virus turned most of the British population into flesh-eating monsters. After encountering the infected on a terrifying expedition with his father to the mainland he learns of the existence there of a doctor. Could this man cure his mother of her mysterious illness?

Much of it filmed on iPhones, *28 Years Later* delivers heart-stopping action and suspense, richly resonant ideas, and some truly superb acting, particularly from Comer and from Ralph Fiennes, who cuts a strikingly enigmatic, deeply humane figure in the film's final third. 2025, 15, 115MIN

Flee: Aaron and Alfie

PICTURE: COLUMBIA PICTURES

Hidden gems Great movies you might have missed...

DRAMA

Disobedience

Disney+ ★★★★

Hackles rise after Rachel Weisz returns to her former Orthodox Jewish community in north London following the death of her revered rabbi father. Yet even greater scandal threatens when she rekindles her taboo relationship with her childhood friend Rachel McAdams. Director Sebastián Leilo unfolds this narrative amid a world of stifling claustrophobia, which makes the story's moments of transgressive desire all the more explosive when they occur. 2017, 15, 114MIN

BIOPIC

A Private War

MGM+ ★★★★

This superb biopic sees Rosamund Pike donning the iconic eye patch of famed *Sunday Times* war correspondent Marie Colvin, who was killed in 2012 while reporting from Syria. And Pike is terrific as the hard-drinking American Colvin, a complex, compassionate, fearlessly driven woman who threw herself into front-line dangers in her work. Jamie Dornan plays Colvin's right-hand man in the field, war photographer Paul Conroy. 2018, 15, 110MIN

HISTORICAL

The Promised Land

Prime Video ★★★★

Rich, brutal and at times beautiful, this 1750s-set Danish saga follows a stubborn but impoverished army captain (a magnificent Mads Mikkelsen) who is determined to rise into nobility by creating a settlement in the inhospitable heath lands. But it is Simon Bennebjerg's foul aristocrat who's his biggest problem. It's a big, bold movie that shines a dismal light on those born into high society, but also about what a life well lived truly means. Subtitled. 2023, 15, 127MIN

Saturday 30 August

FANTASY COMEDY

Beetlejuice Beetlejuice

8pm, Sky Hits ★★★★

Sex ●●● Violence ●●● Language ●●●

Michael Keaton's supernatural trickster Beetlejuice is still full of demonic zest in Tim Burton's hugely pleasurable sequel to his 1988 film. A misfit teen in the original, Winona Ryder's Lydia Deetz is back, too, as the troubled mum of resentful teen Astrid (Jenna Ortega). Circumstances take the pair back to the family's haunted New England home, where Keaton's sleazy mischief-maker is soon causing spooky mayhem. With further plot strands involving Monica Bellucci and Willem Dafoe, it is no wonder that the film veers all over the place – but the visual and verbal gags flow so thick and fast that it's hard to mind too much. 2024, 12, 100MIN

Back in the room: Winona and Michael

FANTASY ADVENTURE

Fantastic Beasts: The Secrets of Dumbledore

4pm, ITV1 ★★★

Sex ●●● Violence ●●● Language ●●●

This third entry in JK Rowling's saga sees Dumbledore (Jude Law) calling on Eddie Redmayne's Newt Scamander and his useful, if overcrowded, band of helpers to tackle power-grabbing warmonger Grindelwald (Mads Mikkelsen). Delivering on its title, there's significant emotional heft here, though disappointingly the film dials down the visual wonder and animal set-pieces. Still, the plot-central Qilin is enchanting, there's some nifty action and a family-movie milestone that deserves celebration. 2022, 12, 142MIN

SUPERHERO

The Suicide Squad

9pm, ITV2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Only three additional letters separate director James Gunn's *The Suicide Squad* from the *Suicide Squad* that limped out in 2016. You want the whole alphabet, though, to explain how much better this film is. From the opening quick-fire raid to the climactic all-out assault, there's rarely a shortage of (very gruesome) carnage. The juicy ensemble cast (including Idris Elba and Margot Robbie) are immense fun in a movie that delivers almost non-stop zippy action, but truly shines when the characters simply enjoy hanging out together. 2021, 15, 132MIN

CRIME DRAMA

Boston Strangler

10pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

This absorbing drama about the 1960s serial killer (which was previously filmed in 1968 starring Tony Curtis) focuses on journalists Loretta McLaughlin (Keira Knightley) and Jean Cole (Carrie Coon), who first put the pieces of the puzzle together. Rather than telling a streamlined narrative, writer-director Matt Ruskin delves into the grey and ambiguous nature of the killings and suspects, making for a nuanced, compelling experience that is carried by the two excellent female leads, displaying both outrage and grit in equal measure. 2023, 15, 102MIN

SCI-FI ACTION

Terminator: Dark Fate

12.05am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

With a trio of badass protagonists and the return of Linda Hamilton's Sarah Connor, this is a cracking new entry in the *Terminator* franchise, which ignores the previous three films. Hamilton is joined by enhanced human soldier Grace (Mackenzie Davis), sent from the future to protect gutsy factory worker Natalia Reyes from Gabriel Luna's killing machine. Arnold Schwarzenegger, of course, also makes a welcome return, but this is a female-driven film – and they're brilliant. 2019, 15, 128MIN

■ Full listings start on p35

Sunday 31 August

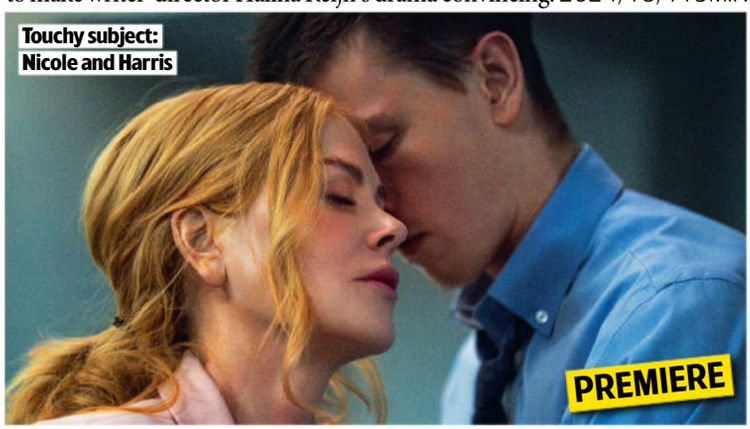
DRAMA

Babygirl

Available now, Prime Video ★★★

Sex ●●● Violence ●●● Language ●●●

Nicole Kidman delivers a nakedly fearless performance as a wealthy CEO with a secret kink in this glossy erotic thriller. Kidman's Romy Mathis lacks sexual fulfilment in her marriage to Antonio Banderas' theatre director Jacob, but finds what she is missing when she begins a risky affair with a younger intern at her company, Harris Dickinson's self-assured Samuel, embarking on a series of sexually charged games of submission and dominance that turn the power dynamic of boss and employee inside out. Kidman does her best to make her character's cravings plausible, but her boldness isn't enough to make writer-director Halina Reijn's drama convincing. 2024, 18, 115MIN



Touchy subject: Nicole and Harris

ANIMATION

The Polar Express

12.10pm, Sky Back to School ★★★★

Sex ●●● Violence ●●● Language ●●●

A young boy is beginning to doubt the existence of Santa Claus. That is, until one snowy Christmas Eve a huge steam train suddenly pulls up outside his house and takes him on a magical mystery tour that ends at the North Pole. Tom Hanks is the genial conductor who punches his ticket, as well as Santa and four other characters in director Robert Zemeckis' lovingly crafted motion-capture fantasy. Warm-hearted, supremely picturesque and perfectly played, this is just the ticket to remind you the festive season will be here before you know it. 2004, U, 100MIN

SCI-FI ACTION

Snowpiercer

9pm, ITV4 ★★★★

Sex ●●● Violence ●●● Language ●●●

South Korean director Bong Joon-ho's English-language debut takes place in a frozen future in which humanity's last survivors live on despotic designer Ed Harris' perpetual-motion train, which barrels endlessly around the globe. The haves live in luxury at the front, while the have-nots languish at the back – but revolt is stirring as Chris Evans, Jamie Bell and John Hurt lead the fight forward against the likes of a grotesque Tilda Swinton. With the ferociously exciting action as unrelentingly propulsive as the train itself, this is a veritable thrill ride. 2013, 15, 126MIN

THRILLER

Misery

10pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

James Caan is a best-selling author whose car goes off the road, leaving him badly injured. Enter Kathy Bates as his 'number one fan', a crazy former nurse who first rescues him, then forces him to write a new novel while keeping him locked up. Based on the Stephen King novel, this is a show-stopping combination of thriller and black comedy. Bates won an Oscar for her brilliantly unhinged performance and the way in which she keeps the movie see-sawing between moments of excruciating cruelty and loopy kindness is exhilarating. 1990, 15, 107MIN

SCI-FI ACTION

War for the Planet of the Apes

10.15pm, ITV1 ★★★★

Sex ●●● Violence ●●● Language ●●●

Combining epic spectacle, moral complexity and emotional depth, this is a rousing conclusion for the trilogy. At war with Woody Harrelson's military commander, ape leader Caesar (Andy Serkis) sets out on a vengeful quest with a handful of comrades. As before, the apes occupy the moral high ground and, once again, Serkis and co perform motion-capture marvels in their roles, adding pathos and poignancy to the thrilling action. 2017, 12, 140MIN

■ Full listings start on p45

Weekday movies over page

Monday 1 September

WHODUNNIT

Amsterdam

Starts today, Netflix ★★★

Sex ●●● Violence ●●● Language ●●●

This quirky, tangled (loosely fact-based) tale starts in 1933 New York, where Christian Bale and old war pal John David Washington look into the death of their former general (Ed Begley Jr), whose daughter (Taylor Swift) suspects murder. The intrigue takes in detectives, politicians, big business and US and British agents in a sometimes rocky ride. But it looks great and is worth the effort for the ludicrously starry cast, which also includes Margot Robbie, Anya Taylor-Joy, Chris Rock, Rami Malek and Zoë Saldaña. 2022, 15, 134MIN

Starry night: Christian, Margot and John

ANIMATION

Under the Boardwalk

Starts today, Netflix ★★★

Sex ●●● Violence ●●● Language ●●●

Local New Jersey crab clans get the hump every summer when the sea-dwelling tourist crabs fill up their beaches. Not that this bothers timid Armen (voiced by Michael Cera). He's about to makes eyes at feisty sea crab Ramona (Keke Palmer), when a flash storm hits and they are marooned far from home. A breezy comedy with superior animation and something for the whole family to enjoy. 2023, PG, 83MIN

EPIC

Troy

3.05pm, Sky Action ★★★

Sex ●●● Violence ●●● Language ●●●

It's Ancient Greece, and the face that launched a thousand ships belongs to Diane Kruger's Helen, while Orlando Bloom is Paris, the Trojan who steals her heart. Eric Bana as Hector and Peter O'Toole as Priam impress, but it's Brad Pitt's self-obsessed Achilles (eager to leave his mark on history) who takes centre stage here. Director Wolfgang Petersen's epic is a feast for the eyes, with battle scenes that are high on flaming arrows and great balls of fire. 2004, 15, 163MIN

DRAMA

A Good Person

2.50pm, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

Florence Pugh delivers a heart-wrenching performance as Alice, a woman whose life falls apart after she's the driver in a fatal car accident and becomes hooked on painkillers. Morgan Freeman also gives a standout turn in this bruising character study fuelled by themes of redemption and recovery. Writer-director Zach Braff's drama is a tough watch at times, but it is a gripping, compelling film you can't turn away from. 2022, 15, 129MIN

THRILLER

The Invisible Man

12.05am, Sky Monsters ★★★★

Sex ●●● Violence ●●● Language ●●●

After meticulous planning, Elisabeth Moss flees Oliver Jackson-Cohen's abusive tech entrepreneur, who apparently commits suicide. She realises he's alive and invisibly terrorising her, but no one believes her... Anchored by Moss' awesome acting, this reworking of HG Wells' classic from writer-director Leigh Whannell is riveting. 2020, 15, 124MIN

■ Full listings start on p55

Tuesday 2 September

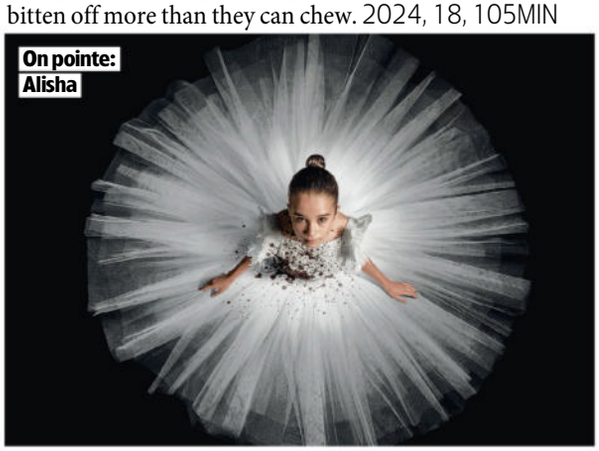
HORROR

Abigail

10.05pm, Sky Monsters ★★★★

Sex ●●● Violence ●●● Language ●●●

A riotously entertaining horror flick with a rich vein of blood, gore and black comedy running through it. A band of criminals (including Melissa Barrera, Dan Stevens and Kathryn Newton) kidnap 12-year-old Abigail (Alisha Weir), the daughter of a crime lord, for a hefty ransom. But Abigail has a monstrous secret… The term 'don't play with your food' takes on a very different meaning as the crooks, laying low with the girl in a spooky mansion, realise they've bitten off more than they can chew. 2024, 18, 105MIN



On pointe: Alisha

FANTASY

The Fisher King

10.50pm, Sky 90s ★★★★★

Sex ●●● Violence ●●● Language ●●●

Cult DJ Jeff Bridges is suicidal after an off-the-cuff remark leads to a listener going on a killing spree. Then he meets teacher-turned-eccentric vagrant Robin Williams who sees dragons and believes the Holy Grail is somewhere on New York's Fifth Avenue. How these two lost souls discover salvation makes for a winning mix of comedy, psychological drama and whimsy in Terry Gilliam's enthralling and stylish fantasy. 1991, 15, 137MIN

SCI-FI CLASSIC

Planet of the Apes

11.55pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Charlton Heston enjoys one of his best roles as an astronaut who crashlands in a world where humans are ruled by their ape cousins in this classic sci-fi. The ape make-up is primitive by today's standards, but Franklin J Schaffner's muscular direction transforms what might have been a simple B-movie into a genuine epic. It really has stood the test of time, with the film's famous twist ending one of the highlights of sci-fi cinema. 1968, PG, 112MIN

BIOPIC

Rocketman

11.10pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

This splashy, lavish biopic charts the life of Elton John (superbly played by Taron Egerton), beginning with shy Reggie Dwight from Pinner, taking in his successful song-writing partnership with lyricist Bernie Taupin (Jamie Bell) and on to extravagantly costumed international stardom. But fame doesn't help Elton shake off his demons... Director Dexter Feltcher ensures the film is full of colour, spectacle and wall-to-wall hits. 2019, 15, 121MIN

WORLD CINEMA

Corsage

1.30am, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Vicky Krieps is superb as Empress Elisabeth of Austria, the 1800s royal trapped in a loveless marriage and denied both voice and agency. So she takes to acts of rebellion that have her husband (Florian Teichtmeister) and son (Aaron Friesz) fearing for her sanity. This fine film pays as little heed to genre conventions as Elisabeth does to protocol. Subtitled. 2022, 15, 114MIN

■ Full listings start on p65

Wednesday

HORROR

Thanksgiving

Starts Monday, Netflix ★★★

Sex ●●● Violence ●●● Language ●●●

A year after a Black Friday sale on Thanksgiving left several people dead, a masked killer is taking out those they believe to be responsible – including teen Jess (Nell Verlaque) and her pals, with all the (insanely grisly) murders related to

Watch out, there's a killer about

SCI-FI

I Am Legend

6.15pm, Sky Monsters ★★★★

Sex ●●● Violence ●●● Language ●●●

With a virtually solo tour de force, Will Smith is on great form in this third adaptation of Richard Matheson's post-apocalyptic novel. The film captures the haunting nature of the book and also works well as an action thriller. The unnerving first half is particularly effective, as Smith's former military scientist and his dog scour a deserted New York while being stalked by flesh-eating mutants. 2007, 15, 100MIN

DRAMA

Bridge of Spies

10.40pm, BBC1 (11.10pm Wales, not NI) ★★★★

Sex ●●● Violence ●●● Language ●●●

Tom Hanks stars in Steven Spielberg's slippery, fact-based tale of espionage, but it is his Oscar-winning co-star Mark Rylance who steals the film. Hanks' lawyer becomes the unlikely broker of a US-Russian prisoner swap during the Cold War, while Rylance is the phlegmatic Soviet spy at the heart of the deal. Though light on tension, Spielberg stages the story's cloak-and-dagger games with skill. 2015, 12, 141MIN

3 September

the American holiday… A strong stomach is required here, but director Eli Roth (doing what he knows best) has captured that early 1980s slasher vibe perfectly, helped by a script that's just on the right side of cheese and a host of stock characters all awaiting their gob-smacking demise. It's a truly bloody treat. 2023, 18, 106MIN

WAR DRAMA

The Deer Hunter

10.45pm, Legend ★★★★★

Sex ●●● Violence ●●● Language ●●●

Michael Cimino's sprawling, cynical look at the effects of Vietnam on the American heartland, seen through the eyes of Pennsylvania steel-worker friends Robert De Niro, Christopher Walken and John Savage, is still powerful and haunting. The film garnered five Oscars (including Best Picture, Best Director and Best Supporting Actor for Walken), and a good early role for Meryl Streep hinted at the greatness to come. 1978, 18, 183MIN

DRAMA

Monday

10.50pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Hedonist Americans Sebastian Stan and Denise Gough meet in Greece and have an explosive, boozed-up, sex-saturated relationship. Director Argyris Papadimitropoulos' beautiful-looking film unfolds over a series of Fridays covering a few months and culminating on the reality of a Monday and the cold light of day. It's brilliant and joyous, but ultimately downbeat. 2020, 15, 116MIN

■ Full listings start on p75

Thursday 4 September

BIOPIC

Lee

8pm, Sky Drama ★★★

Sex ●●● Violence ●●● Language ●●●

A deliciously brusque Kate Winslet is US model-turned-photojournalist Lee Miller ('I'd rather take a picture than be one') in this handsome biopic. The film follows her hard-drinking, reckless obsessive as she finds her photographic passion in World War Two, haring across newly liberated France and Germany with the US army, doggedly recording the horrors she finds and defying army bans on women reporters. Winslet's Miller is a superb creation, though friends and lovers come off as one-note. 2023, 15, 117MIN

Looking for an angle: Kate

COMEDY

Role Models

4.05pm, Sky Hits ★★★★

Sex ●●● Violence ●●● Language ●●●

Paul Rudd and Seann William Scott are a riot as slacker salesmen who crash their van and are sentenced to 150 hours mentoring youngsters. The script (co-written by Rudd) is crude but hilarious. Christopher Mintz-Plasse and Bobb'e J Thompson do well as the kids, Jane Lynch, as the head of community service, delivers some of the funniest lines and Elizabeth Banks is an appealing presence as Rudd's girlfriend. 2008, 15, 99MIN

DRAMA

Scent of a Woman

5.25pm, Sky Greats ★★★★

Sex ●●● Violence ●●● Language ●●●

Oscar-winning Al Pacino plays a blind, loud-mouthed and totally irascible ex-US army officer who decides to have a weekend on the town in New York. Hired as his minder, Chris O'Donnell is the hapless student who's dragged along with him in a tartly amusing adventure that takes in a huge amount of colourful banter, one great tango dance sequence and essential accessories such as a Ferrari sports car and a stretch limo. 1992, 15, 157MIN

THRILLER

Man on Fire

10.40pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Burnt-out Denzel Washington is hired as a bodyguard for a Mexican-American girl (Dakota Fanning) in Mexico City. His disdain for her gradually turns into a friendship that gives him a reason to live – then she's kidnapped and he embarks on a fearless mission of revenge. Washington gives a sizzling turn and Fanning is also excellent, as are Christopher Walken and Mickey Rourke, in Tony Scott's flashy, tough, dark and stylish thriller. 2004, 18, 146MIN

CLASSIC

Citizen Kane

11.55pm, BBC4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Orson Welles was a 25-year-old newcomer when he directed and starred in this dazzling political drama about the rise and fall of a media mogul and that mystifying deathbed utterance: 'Rosebud...' The use of flashback, overlapping dialogue and inventive camerawork all contribute to its place in history. A masterpiece and still one of the best films ever made. 1941, U, 119MIN

■ Full listings start on p85

Friday 5 September

THRILLER

The Royal Hotel

Starts today, Netflix ★★★

Sex ●●● Violence ●●● Language ●●●

Young Canadian backpackers Hanna (Julia Garner) and Liv (Jessica Henwick) take some work at a pub in a remote Australian mining community in director Kitty Green's follow-up to 2019's *The Assistant*. With a similar disdain for toxic masculinity, this movie features the most loathsome collection of supporting male characters imaginable and we're soon engulfed in an all-too-familiar nightmare of booze, bad vibes and misogyny, potently played out over a brisk but harrowing hour and a half. 2023, 18, 91MIN

Remote working: Jessica and Julia

DRAMA

The Inspection

10pm, BBC3 ★★★★

Sex ●●● Violence ●●● Language ●●●

Writer-director Elegance Bratton's semi-autobiographical boot-camp drama is a layered take on rejection and identity, anchored by Jeremy Pope's magnetic lead. It's circa 2005, he's gay and, rejected by mother Gabrielle Union, he joins the Marines. His refusal to be broken by the likes of Bokeem Woodbine's sadistic sergeant is a measure of his determination to find himself, all the way up to the charged finale. 2022, 15, 95MIN

COMEDY

American Pie

10.35pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Four high school pals (Jason Biggs, Thomas Ian Nicholas, Chris Klein and Eddie Kaye Thomas) make a pact to lose their virginity. This film set a new standard in gross-out humour (just wait for the moment with the dessert of the title!), but it's also a feast of laugh-out-loud moments. Eugene Levy, Jennifer Coolidge, Shannon Elizabeth, Alyson Hannigan and a film-stealing Seann W Scott are also key ingredients. 1999, 15, 96MIN

LEGAL DRAMA

Dark Waters

11pm, BBC2 (not NI) ★★★★

Sex ●●● Violence ●●● Language ●●●

As a favour to his gran, Mark Ruffalo's corporate lawyer Rob Bilott takes on a case in his West Virginia home town – a farmer (Bill Camp) thinks a chemical company is to blame for the death of hundreds of his cattle. Bilott thinks it's an easy case, but is still fighting 20 years on... Ruffalo is brilliant and there is fine support from Camp, Anne Hathaway as Bilott's wife and, as fellow lawyers, Bill Pullman and Tim Robbins. 2019, 12, 126MIN

COMEDY DRAMA

Jerry & Marge Go Large

12.25am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

This amiable jaunt tells the true tale of how a retiree with a gift for numbers found a flaw in the Massachusetts lottery, working out how to win and making millions for his community. Giving this feel-good movie extra zing, Bryan Cranston is Jerry and the effervescent Annette Bening is wife Marge who's delighted to be along for the ride. 2022, 12, 96MIN

■ Full listings start on p95

Sport week

Your **ultimate guide** to the best of the week's live action

The Lionesses return to their clubs as the **new season** starts

LIVE FOOTBALL

Chelsea v Manchester City

Friday, kick-off 7.30pm, Sky Sports Main Event, Sky Sports Football, Sky Sports Mix & Sky Mix

The triumphant Lionesses return to WSL action as the new season kicks off at Stamford Bridge on Friday when champions Chelsea host Manchester City. This will be the final season to feature 12 teams in the top tier, with the league set to expand to 14 clubs next year.

Here's our club-by-club look at the new campaign…

THE MAIN EVENT

Women's Super League

ARSENAL

As last season's runners-up prepare to play all their fixtures at the Emirates, Lionesses star Chloe Kelly has penned a permanent deal with the European champions. She will be joined up front by Canada's Olivia Smith, signed from Liverpool for a British record fee of £1 million.

ASTON VILLA

After finishing with a record run of five consecutive victories, Natalia Arroyo's side will be hopeful of improving on their sixth-place finish. Villa, who have signed keeper Ellie Roebuck from Barcelona, will once again play all their home matches at Villa Park.

BRIGHTON & HOVE ALBION

The club has re-signed Euros star Michelle Agyemang for a second spell on loan after the Lionesses striker helped Brighton finish fifth last season. Coach Dario Vidošić has also brought in rising star Carla Camacho from Real Madrid.

CHELSEA

Keeper Hannah Hampton helped the Blues claim a sixth consecutive title in May, becoming the first side to finish a 22-game season unbeaten, also winning the FA Cup and League Cup. Coach Sonia Bompastor has raided former club Lyon to acquire Australian defender Ellie Carpenter.

WSL title holders Chelsea

EVERTON

The men may have said goodbye to Goodison Park after 133 years, but this season sees the women's team take up permanent residence. France's Kelly Gago was the top scorer for Brian Sørensen's Toffees last time out.

LEICESTER CITY

American midfielder Celeste Boureille has arrived at the King Power Stadium along with goalkeeper Katie Keane. The Foxes have struggled to score, and coach Amandine Miquel will be glad to have French striker Noémie Mouchon back from injury following a lengthy spell on the sidelines.

Liverpool coach Gareth Taylor

LIVERPOOL

Former Manchester City boss Gareth Taylor has taken the helm at Liverpool, who finished seventh last season. The Reds will play three

Manchester United's Fridolina Rolfö

(Clockwise from top) Chelsea's Hannah Hampton, Brighton's Michelle Agyemang, Arsenal's Chloe Kelly and Manchester City's Alex Greenwood

WORDS: RICHARD MCCLURE. PHOTOS: ALAMY, GETTY, SHUTTERSTOCK

matches at Anfield, including the Merseyside derby, and will hope that goalkeeper Rachael Laws makes a speedy recovery from a hand injury.

LONDON CITY LIONESSES
Only founded in 2019, the Lionesses compete in their first WSL season, replacing relegated Crystal Palace after winning promotion from the second tier. A raft of new signings for the club, who play in Bromley, includes Nikita Parris, who has switched from Brighton.

MANCHESTER CITY
City's Khadija 'Bunny' Shaw shared the Golden Boot with Arsenal's Alessia Russo last season (12 goals), and the team's firepower has been boosted by the signing of Swiss teen Iman Beney.

MANCHESTER UNITED
Coach Marc Skinner will need to juggle domestic duties with Champions League ambitions after securing European football by finishing third last season. New Swedish signings Fridolina Rolfö and Julia Zigiotti Olme both suffered a shootout defeat to England in the Euros quarter-final.

TOTTENHAM HOTSPUR
Martin Ho replaces Robert Vilahamn in the hot seat following Spurs' miserable campaign last time out when they finished one spot above relegated Crystal Palace, albeit by 10 points. Striker Martha Thomas has signed a new contract, but will need to improve her goal tally.

WEST HAM UNITED
Coach Rehanne Skinner will be encouraged by a decent finish to last season as the Hammers picked up points against the top three and put seven past Palace. Summer signings include Japan international Yu Endo, England under-23 midfielder Sarah Brasero and Wales international Ffion Morgan.

Philadelphia Eagles' Jalen Hurts

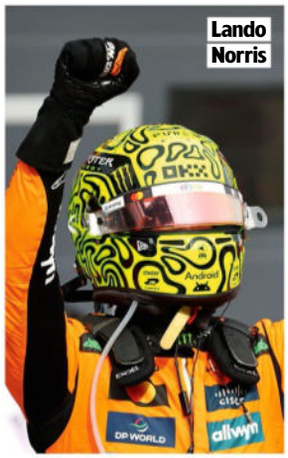
Tennessee Titans quarterback Cam Ward

LIVE AMERICAN FOOTBALL

Philadelphia Eagles v Dallas Cowboys

Thursday, kick-off 1.20am, DAZN

Super Bowl heroes Jalen Hurts and Saquon Barkley will run out at Lincoln Financial Field as champions Philadelphia Eagles get the new NFL season under way with the kick-off game against NFC East rivals Dallas Cowboys. That's followed on Friday by the first match in this year's NFL International Series – Kansas City Chiefs versus Los Angeles Chargers in Brazil (1am, DAZN & YouTube) – with London staging three games in October. The Tennessee Titans chose quarterback Cam Ward as the first pick of the NFL Draft, while this season's Super Bowl takes place at Levi's Stadium (home of the San Francisco 49ers) in Santa Clara, California, on Sunday 8 February 2026.


Lando Norris

LIVE MOTORSPORT

F1: Dutch Grand Prix

Sunday, race starts 2pm, Sky Sports F1 & Sky Sports+

Formula One roars back at Zandvoort after its summer break with 10 more races to go. McLaren's Oscar Piastri goes into the second half of the season with just a nine-point lead over teammate Lando Norris, who took the chequered flag last time out in Hungary. The result was McLaren's 200th Grand Prix win, a history that stretches back to their first victory by company founder Bruce McLaren in 1968.

Wales midfielder Harry Wilson

LIVE FOOTBALL

World Cup qualifiers

Thu & Fri, BBC1, BBC2, BBC3, BBC Scotland & S4C

After four matches, Wales lie second in Group J and travel to Kazakhstan on Thursday (kick-off 3pm, BBC1 & S4C) having won the reverse fixture 3-1 in Cardiff in March. Craig Bellamy's undefeated nine-match start came to an end with a 4-3 defeat to Belgium in their last qualifier despite goals from Harry Wilson, Sorba Thomas and Brennan Johnson. Meanwhile, Northern Ireland travel to Luxembourg in Group A on Thursday (k-o 7.45pm, BBC3 & BBC1 in N Ireland) and Scotland visit Denmark in Group C on Friday (k-o 7.45pm, BBC2 & BBC Scotland), with Napoli duo Billy Gilmour and Scott McTominay expected to start.

Scotland's Scott McTominay

Sonny Baker

LIVE CRICKET

England v South Africa: ODIs

Tue & Thu, Sky Sports Cricket & Sky Sports Main Event

The Hundred reaches its climax with the finals at Lord's on Sunday (2.15pm & 6pm, BBC2, Sky Sports Cricket & Sky Showcase). Manchester Originals bowler Sonny Baker is a debutant in the England squad that begins a white-ball series against South Africa this week with day-night one-day internationals at Headingley on Tuesday and Lord's on Thursday (play starts 1pm).

Sport A-Z and football planner »»

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Holiday Departure Months: 2025 ● 2026 ●

J	F	M	A	M	J	J	A	S	O	N	D
J	F	M	A	M	J	J	A	S	O	N	D

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- A half day excursion to the historic town of Faro and Loulè, including a walking excursion and farmers market

Holiday Departure Months: 2025 ● 2026 ●

J	F	M	A	M	J	J	A	S	O	N	D
J	F	M	A	M	J	J	A	S	O	N	D

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- A full day excursion to Antibes and Nice

Holiday Departure Months: 2025 ● 2026 ●

J	F	M	A	M	J	J	A	S	O	N	D
J	F	M	A	M	J	J	A	S	O	N	D

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Holiday Departure Months: 2025 ● 2026 ●

J	F	M	A	M	J	J	A	S	O	N	D
J	F	M	A	M	J	J	A	S	O	N	D

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- A full day excursion to the World Heritage city of Cordoba
- A full day excursion to Granada including a visit to the Alhambra Fortress
- A full day excursion to Seville including a guided city tour and a visit to the Alcazar

Holiday Departure Months: 2025 ● 2026 ●

J	F	M	A	M	J	J	A	S	O	N	D
J	F	M	A	M	J	J	A	S	O	N	D

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Sport week A-Z GUIDE

AMERICAN FOOTBALL

LIVE Philadelphia Eagles v Dallas Cowboys
Thu 1.20am DAZN
The NFL match staged at Lincoln Financial Field. See p29.

LIVE Los Angeles Chargers v Kansas City Chiefs
Fri 1am DAZN & YouTube
The NFL match staged at Corinthians Arena in São Paulo.

AUSTRALIAN RULES

LIVE Geelong Cats Women v Sydney Swans Women
Sat 6am TNT Sports 4

LIVE St Kilda Women v West Coast Eagles Women
Sat 6am TNT Sports 1

LIVE Port Adelaide Women v Gold Coast Suns Women
Sat 8am TNT Sports 4

LIVE Western Bulldogs Women v Hawthorn Women
Sat 10.15am TNT Sports 2

LIVE Collingwood Women v Melbourne Women
Sat 4am TNT Sports 1

LIVE Fremantle Women v North Melbourne Tasmanian Kangaroos Women
Sun 6am TNT Sports 1

LIVE Brisbane Lions Women v Carlton Women
Sun 8am TNT Sports 1

LIVE AFL second qualifying final
Thu 10am TNT Sports 2

LIVE AFL second elimination final
Fri 10.30am TNT Sports 3

LIVE Melbourne Women v Richmond Women
Fri 3.30am TNT Sports 2

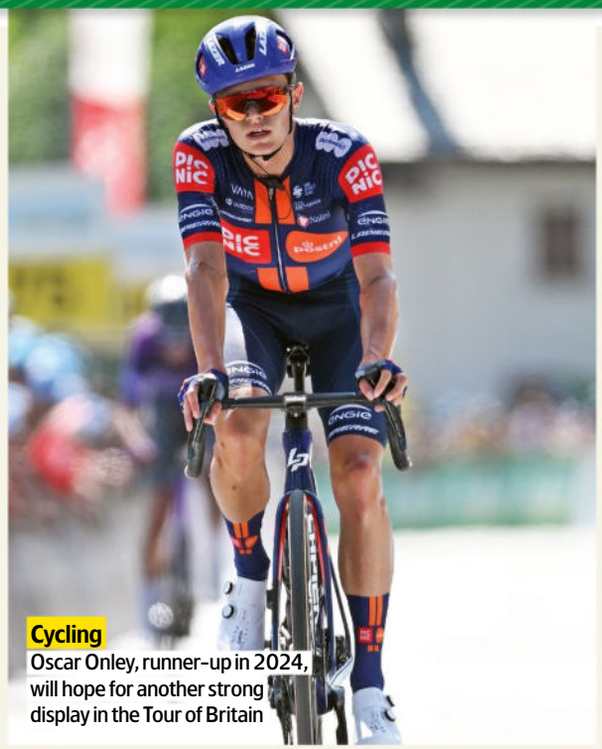
LIVE Gold Coast Suns Women v GWS Giants Women
Fri 4am TNT Sports 4

BASEBALL

LIVE Boston Red Sox v Pittsburgh Pirates
Sat 9pm TNT Sports 2
The MLB inter-league match.

LIVE Cleveland Guardians v Seattle Mariners
Sat 12m't TNT Sports 1
The MLB game at Progressive Field.

LIVE New York Mets v Miami Marlins
Sun 6.30pm TNT Sports 2
The MLB fixture from Citi Field.



Cycling
Oscar Onley, runner-up in 2024, will hope for another strong display in the Tour of Britain

LIVE Los Angeles Dodgers v Arizona Diamondbacks
Sun 9pm TNT Sports 4
The MLB game at Dodger Stadium.

LIVE MLB
Sun 12m't TNT Sports 1

LIVE Boston Red Sox v Cleveland Guardians
Mon 6.30pm TNT Sports 2

LIVE Milwaukee Brewers v Philadelphia Phillies
Mon 9pm TNT Sports 3
MLB game at American Family Field.

LIVE Houston Astros v New York Yankees
Tue 1am TNT Sports 1

LIVE Detroit Tigers v New York Mets
Wed 6pm TNT Sports 1
The MLB fixture at Comerica Park.

LIVE San Diego Padres v Baltimore Orioles
Wed 9pm TNT Sports 2 & 9.15pm TNT Sports 1
The MLB match from Petco Park.

LIVE Milwaukee Brewers v Philadelphia Phillies
Thu 9pm TNT Sports 1
MLB game at American Family Field.

LIVE Chicago Cubs v Washington Nationals
Fri 7pm TNT Sports 1

LIVE New York Yankees v Toronto Blue Jays
Fri 12m't TNT Sports 1

BASKETBALL

LIVE Golden State Valkyries v Washington Mystics
Sat 1.30am TNT Sports 4
The WNBA match.

BOXING

LIVE Michael Conlan v Jack Bateson
Fri 9pm 5
The bout for the WBC international featherweight title.

COMBAT SPORTS

LIVE Jackie Buntan v Stella Hemetsberger
Fri 2am Sky Sports Mix

CRICKET

LIVE Hundred Women's Eliminator
Sat 1.45pm Sky Sports Cricket
The match at The Kia Oval, London.

LIVE Hundred Men's Eliminator
Sat 5.30pm Sky Sports Cricket
From The Kia Oval in London.

LIVE Trinbago Knight Riders v Guyana Amazon Warriors
Sat 11.30pm TNT Sports 3
The T20 match from Brian Lara Cricket Academy in Tarouba.

LIVE Hundred women's final
Sun 1.45pm Sky Sports Cricket, Sky Showcase & 2.05pm BBC2
The showpiece match at Lord's.

LIVE St Lucia Kings v Antigua & Barbuda Falcons
Sun 4pm TNT Sports 4
The T20 match in Gros Islet.

LIVE Hundred men's final
Sun 5.30pm BBC2 & Sky Sports Cricket, 6pm Sky Showcase
The showpiece match at Lord's.

LIVE Trinbago Knight Riders v St Kitts & Nevis Patriots
Mon 3.30pm TNT Sports 3
The T20 match from Tarouba.

LIVE England v South Africa
Tue 12.30pm Sky Sports Main Event & Sky Sports Cricket
The first one-day international staged at Headingley. See p29.

LIVE Surrey v Northamptonshire Steelbacks
Wed 6.15pm Sky Sports Cricket
The T20 Blast opening quarter-final staged at The Kia Oval in London.

LIVE Trinbago Knight Riders v St Lucia Kings
Wed 11.30pm TNT Sports 4
The T20 match in San Fernando.

LIVE England v South Africa
Thu 12.30pm Sky Sports Cricket & 1pm Sky Sports Main Event
The second one-day international in the three-game series at Lord's.

LIVE Barbados Royals v Guyana Amazon Warriors
Thu 11.30pm TNT Sports 2
The T20 game at Kensington Oval.

LIVE Durham v Hampshire Hawks
Fri 6.15pm Sky Sports Cricket
The T20 Blast quarter-final.

LIVE Barbados Royals v Antigua & Barbuda Falcons
Fri 11.30pm TNT Sports 3
The T20 match at Kensington Oval.

CYCLING

LIVE UCI Mountain Bike World Series
Sat 10.45am TNT Sports 4
The DHI Finals in Haute Savoie.

LIVE La Vuelta
Sat, Sun, Tue, Thu & Fri 1.30pm, Wed 12.15pm TNT Sports 3; Sat 3.15pm, Sun 1.30pm TNT Sports 1
Stages eight to 13 of the men's race.

LIVE UCI Mountain Bike World Series
Sun 11.30am TNT Sports 2
The XCO Elite in Haute Savoie.

LIVE Tour of Britain
Tue & Wed 10.40am, Thu & Fri 11.10am ITV4; Tue & Wed 11am, Thu 11.30am & Fri 10.30am TNT Sports 1
Stages one to four of the race.

DARTS

LIVE Welsh Championship
Sun 8pm S4C

GENERAL SPORTS

LIVE EIPF World Championships Shootout
Mon 11am & 6pm TNT Sports 1

GOLF

LIVE European Masters
Sat & Sun 11.30am Sky Sports Golf
Days three and four at Crans-sur-Sierre Golf Club in Crans-Montana.

LIVE FM Championship
Sat & Sun 8pm Sky Sports Golf
Days three and four at TPC Boston.

LIVE Amgen Irish Open
Thu 8am & Fri 1.55pm Sky Sports Main Event; Thu 8am & 4pm, Fri 1pm Sky Sports Golf
The first and second days staged at K Club in Straffan, County Kildare.

LIVE Houston Championship
Fri 7pm Sky Sports Golf
The opening day at Golfcrest Country Club in Pearland, Texas.

HORSE RACING

LIVE Sandown
Sat 1.15pm ITV1

MINORITY SPORTS

LIVE Climbing World Cup
Fri 7pm TNT Sports 2

MOTORCYCLING

LIVE Speedway Grand Prix
Sat 5.30pm TNT Sports 2
The ninth round of the season at Olympic Stadium in Wroclaw.

LIVE MotoGP
Fri 8am TNT Sports 2
The Grand Prix of Catalonia MotoGP, Moto2 and Moto3 first free practices.

LIVE Superbike World Championship
Fri 9.15am & 1pm TNT Sports 4
From Circuit de Nevers Magny-Cours.

LIVE MotoGP
Fri 12.15pm TNT Sports 2
The Grand Prix of Catalonia MotoGP, Moto2 and Moto3 first practices.

MOTORSPORT

LIVE F1 Academy
Sat 9.20am & 4pm, Sun 9.35am Sky Sports F1

LIVE Formula 1
Sat 10.05am Sky Sports Main Event & Sky Sports F1
Dutch Grand Prix third practice.

LIVE World Rally Championship
Sat 11.30am & Sun 5pm TNT Sports 3; Sat 2.15pm, 3.30pm, 6pm & 8.45pm, Sun 12.15pm & 2pm TNT Sports 4
The Rally del Paraguay.

LIVE Formula 1
Sat 1pm Sky Sports F1 & 2.45pm Sky Sports Main Event
Dutch Grand Prix qualifying session.

LIVE Indycar
Sat 3.30pm Sky Sports Mix; Sat 7pm & 10.30pm, Sun 7pm Sky Sports F1

LIVE Porsche Supercup
Sun 10.45am TNT Sports 1 & 10.50am Sky Sports F1

LIVE British Touring Car Championship
Sun 10.45am ITV4

LIVE Formula 1
Sun 12.30pm Sky Sports+ & Sky Sports F1
The Dutch Grand Prix staged at Circuit Zandvoort. See p29.

LIVE Indy NXT Music City Grand Prix
Sun 4.30pm Sky Sports Mix

LIVE NASCAR
Sun 10.30pm Premier Sports 2

LIVE Formula 3
Fri 8.30am Sky Sports F1
Italian Grand Prix practice session.

LIVE Formula 2
Fri 9.55am Sky Sports F1
Italian Grand Prix practice session.

LIVE Formula 1
Fri 12noon Sky Sports Main Event & Sky Sports F1
The Italian Grand Prix first practice session staged at Monza Circuit.

LIVE Women's Circuit Racing World Championship
Fri 12.30pm TNT Sports 4

LIVE Formula 3
Fri 1.55pm Sky Sports F1
Italian Grand Prix qualifying session.

LIVE Formula 2
Fri 2.50pm Sky Sports F1
Italian Grand Prix qualifying session.

LIVE Formula 1
Fri 3.35pm Sky Sports F1
Italian Grand Prix second practice.

LIVE MotoE
Fri 4pm TNT Sports 2
Grand Prix of Catalonia qualifying.

RUGBY LEAGUE

LIVE St George Illawarra Dragons v New Zealand Warriors
Sat 6.15am Sky Sports Mix

LIVE North Queensland Cowboys v Sydney Roosters
Sat 8.15am Sky Sports Mix

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LIVE North Queensland Cowboys v Brisbane Broncos
Sat 10.35am Sky Sports Action

LIVE Catalans Dragons v Wigan Warriors
Sat 7.55pm Sky Sports Action (kick-off 8pm) The Super League match at Stade Gilbert Brutus.

LIVE Cronulla-Sutherland Sharks v Newcastle Knights
Sat 2.50am Sky Sports Mix

LIVE Brisbane Broncos v Canterbury-Bankstown Bulldogs
Sat 4.45am Sky Sports Mix

LIVE Gold Coast Titans v Parramatta Eels
Sun 9.15am Sky Sports Mix

LIVE Brisbane Broncos v Melbourne Storm
Thu 10.50am Sky Sports+

LIVE Sydney Roosters v Canberra Raiders
Fri 8.40am Sky Sports+

LIVE St Helens v Wigan Warriors
Fri 5pm Sky Sports+ (kick-off 5.30pm) The Women's Super League match staged at Totally Wicked Stadium.

LIVE St Helens v Wigan Warriors
Fri 7.30pm Sky Sports+ (kick-off 8.30pm) The Super League match from Totally Wicked Stadium.

RUGBY UNION

LIVE Tasman v Otago
Sat 8am Sky Sports Action

LIVE Canada v Wales
Sat 11.45am BBC1 (Wales only) & BBC2 (not Wales) (kick-off 12noon) The Women's Rugby World Cup Pool B match held at Salford Community Stadium.

LIVE Scotland v Fiji
Sat 2.15pm BBC2 (kick-off 2.45pm) The Women's Rugby World Cup Pool B fixture.

LIVE England v Samoa
Sat 4.35pm BBC2 (kick-off 5pm) The Women's Rugby World Cup Pool A match held at cinch Stadium at Franklin's Gardens.

LIVE Ireland v Spain
Sun 11.45am BBC2 (kick-off 12noon) The Women's Rugby World Cup Pool C game at cinch Stadium at Franklin's Gardens.

LIVE Otago v Northland
Fri 8am Sky Sports Mix

LIVE Hillhead Jordanhill v Biggar
Fri 7.30pm BBC Alba

LIVE Australia v Argentina
Fri 5.35am Sky Sports Main Event & Sky Sports+

SNOOKER

LIVE Wuhan Open final
Sat 7am & 12.30pm TNT Sports 2

TENNIS

LIVE US Open
Sat-Mon 3.30pm, Tue & Wed 4pm, Thu & Fri 5pm Sky Sports Tennis; Sat, Sun, Tue & Wed 4pm, Mon 3.30pm, Thu 5pm Sky Sports+; Sat & Tue 8.30pm, Sun & Fri 9.30pm, Mon 3.30pm, Wed 4pm, Thu 9pm Sky Sports Main Event
Days seven to 13 at the USTA Billie Jean King National Tennis Center.

Football planner

Saturday 30

LIVE Middlesbrough v Sheffield United
11am Sky Sports Football & 11.30am Sky Sports Main Event (kick-off 12.30pm)
The Championship fixture at Riverside Stadium. Middlesbrough claimed a 1-0 win in last season's corresponding fixture, but the Blades avenged that defeat when they prevailed 3-1 at Bramall Lane.

LIVE Chelsea v Fulham
11am TNT Sports 1 (kick-off 12.30pm)
The Premier League match staged at Stamford Bridge. The Blues appeared to be on course for a victory when they hosted the West London derby last season, with Cole Palmer giving them a 1-0 lead after 16 minutes, which lasted until late in the second half. However, the Cottagers produced a sensational comeback, as Harry Wilson headed the equaliser after 82 minutes, and then substitute Rodrigo Muniz scored the winner in injury time.

LIVE Queens Park Rangers v Charlton Athletic
12.25pm Sky Sports+ (kick-off 12.30pm)
The Championship game at Loftus Road Stadium. Since the turn of the century, eight of the 11 matches between these teams has been decided by just one goal, with the other three games ending in draws.

LIVE Leeds United v Newcastle United
5pm Sky Sports Main Event & Sky Sports Premier League (kick-off 5.30pm)
The Premier League fixture staged at Elland Road. The sides shared the spoils in a 2-2 draw here when Leeds United were last in the top flight three seasons ago, but Newcastle United are likely to go into this match as favourites after enjoying a strong 2024/25 campaign that saw them win the EFL Cup and finish fifth in the league table.

LIVE Hamilton Academical v Cove Rangers
5.20pm BBC Alba (kick-off 5.30pm)
The SPFL League One match at Broadwood Stadium, as two of the title favourites go head to head.

LIVE FC Augsburg v Bayern Munich
5.20pm Sky Sports Football (kick-off 5.30pm) The Bundesliga match staged at WWK ARENA.

LIVE Real Oviedo v Real Sociedad
5.55pm Premier Sports 1 (kick-off 6pm) The LaLiga match from Estadio Carlos Tartiere.

LIVE Girona v Sevilla
6.25pm Premier Sports 2 (kick-off 6.30pm)
The LaLiga game at Estadi Montilivi.

LIVE Pisa v AS Roma
7.30pm TNT Sports 1 (kick-off 7.45pm)
The Serie A match staged at Cetilar Arena. Pisa have returned to Serie A after a 34-year absence, the longest in club history.

LIVE PREMIER LEAGUE

Chelsea v Fulham

Saturday, kick-off 12.30pm, TNT Sports 1

The Blues have spent another fortune on refreshing their forward line during the summer transfer window by bringing in Jamie Gittens, João Pedro and Liam Delap. Fulham left Stamford Bridge with the points on Boxing Day last season following a 2-1 win.

LIVE SCOT PREMIERSHIP

Rangers v Celtic

Sun, k-o 12noon, Sky Sports Main Event & Sky Sports Football

Rangers' bid to dethrone Old Firm rivals Celtic as champions hasn't begun too brightly after Russell Martin's men drew their opening two games. Teenage striker Mikey Moore is on loan at Ibrox from Spurs and fans will be hoping he can link up well with Danilo and Cyriel Dessers.

LIVE PREMIER LEAGUE

Liverpool v Arsenal

Sunday, kick-off 4.30pm, Sky Sports Main Event & Sky Sports Premier League

The champions welcome perennial runners-up Arsenal to Anfield. The Gunners have already made one trip to the north-west, pinching the points at Old Trafford on the opening Sunday thanks to a winner from defender Riccardo Calafiori.

LIVE Real Madrid v Real Mallorca
8.30pm Disney+ (kick-off 8.30pm)
The LaLiga match at the Bernabeu.

LIVE Kansas City Current v North Carolina Courage
12.30am TNT Sports 2 (kick-off 12.30am)
The NWSL game at CPKC Stadium.

LIVE Cruzeiro v Sao Paulo
12.55am Premier Sports 2 (kick-off 1am) The Brasileiro Serie A match at Governador Magalhaes Pinto Stadium.

Sunday 31

LIVE Rangers v Celtic
11am Sky Sports Main Event & Sky Sports Football (kick-off 12noon)
The first Old Firm derby of the season in the Scottish Premiership staged at Ibrox. While it was Celtic who enjoyed the stronger campaign overall last term, Rangers are undefeated in the last three league meetings between the rivals, with the most recent of those a 1-1 draw here in May.

LIVE Brighton & Hove Albion v Manchester City
1pm Sky Sports Main Event (kick-off 2pm)
The Premier League fixture staged at AMEX Stadium. The Seagulls were held to a 1-1 draw in their previous home match against Fulham after conceding an injury-time equaliser, while the Citizens were in rampant form when they visited Molineux in their last away game as they thrashed Wolves 4-0.

LIVE Nottingham Forest v West Ham United
1pm Sky Sports Premier League (kick-off 2pm)
The Premier League match from The City Ground. Forest claimed a comfortable 3-0 win in last season's corresponding fixture thanks to goals by Callum Hudson-Odoi, Chris Wood and Ola Aina, with West Ham's cause not helped by Edson Alvarez's red card just before half time when the score was still 1-0.

LIVE Dundee v Dundee United
1.15pm Premier Sports 1 (kick-off 2pm)
The Scottish Premiership match staged at Dens Park.

LIVE Sparta Rotterdam v Feyenoord
1.25pm Premier Sports 2 (kick-off 1.30pm) The Eredivisie match from Sparta Stadion.

LIVE Celta Vigo v Villarreal
3.55pm Premier Sports 2 (kick-off 4pm) The LaLiga fixture at Estadio Abanca-Balaídos.

LIVE Liverpool v Arsenal
4pm Sky Sports Main Event & Sky Sports Premier League (kick-off 4.30pm)
The Premier League match at Anfield. Liverpool won the title last season, with the Gunners finishing in second place, and both matches between the teams ended 2-2.

LIVE Real Betis v Athletic Bilbao
5.45pm Premier Sports 1 (kick-off 6pm) The LaLiga game staged at Estadio La Cartuja.

LIVE Espanyol v Osasuna
6.25pm Premier Sports 2 (kick-off 6.30pm)
The LaLiga game at RCDE Stadium.

LIVE Aston Villa v Crystal Palace
6.45pm Sky Sports Main Event & Sky Sports Premier League (kick-off 7pm)
The Premier League match staged at Villa Park. Palace had an excellent record against the Villans last term, claiming a win at Selhurst Park and a draw here in the league and also winning comfortably in both the EFL Cup at home and in the semi-finals of the FA Cup at Wembley Stadium.

LIVE Inter Milan v Udinese
7.30pm TNT Sports 1 (kick-off 7.45pm)
The Serie A match staged at San Siro, where the hosts will be looking to extend a sequence of six consecutive victories in meetings between these teams, which dates back to February 2023.

LIVE Rayo Vallecano v Barcelona
8.25pm Premier Sports 1 (kick-off 8.30pm)
The LaLiga match staged at Campo de Fútbol de Vallecas.

LIVE Corinthians v Palmeiras
11pm Premier Sports 1
The Brasileiro Serie A match at Arena Corinthians, joining in progress 30 minutes after kick-off.

Thursday 4

LIVE Kazakhstan v Wales
2.30pm S4C & 2.45pm BBC1 (kick-off 3pm)
The FIFA World Cup Group J qualifier at Astana Arena. Wales claimed a 3-1 home win over this afternoon's opponents in their first match in the group. See p29.

LIVE Luxembourg v Northern Ireland
7.30pm BBC3 & BBC1 (N Ireland only) (kick-off 7.45pm)
The FIFA World Cup Group A qualifier at Stade de Luxembourg. The sides last met in the Nations League last year, when Northern Ireland claimed a 2-0 win, before the nations shared the spoils in a 2-2 draw here. With two strong outfits in Germany and Slovakia also in the group and only one team guaranteed a place in the finals, both sides will see a win as imperative this evening. See p29.

LIVE Argentina v Venezuela
12.25am Premier Sports 1 (kick-off 12.30am)
The CONMEBOL World Cup qualifier at Estadio Monumental.

LIVE Brazil v Chile
1.25am Premier Sports 2 (kick-off 1.30am)
CONMEBOL World Cup qualifier.

Friday 5

LIVE Chelsea v Manchester City
6.30pm Sky Sports Main Event, Sky Sports Football, Sky Sports Mix & Sky Mix (kick-off 7.30pm)
The opening match of the Women's Super League campaign staged at Stamford Bridge. Chelsea won their sixth successive league title last term, while the Citizens missed out on Champions League qualification after finishing fourth. See p28.

LIVE Denmark v Scotland
7.15 BBC Scotland & 7.30pm BBC2 (kick-off 7.45pm)
The FIFA World Cup Group C qualifier from Parken Stadium in Copenhagen. Scotland are aiming to reach the finals of the competition for the first time since 1998. See p29.

LIVE Racing Louisville FC v Portland Thorns
1am TNT Sports 2 (kick-off1am)
The NWSL match in Louisville.

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Saturday

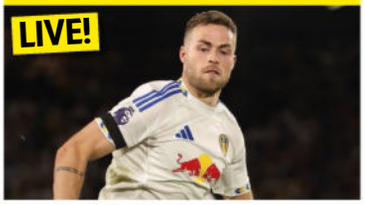
30 August

Evening Planner

Rugby Union

Women's Rugby World Cup
BBC2 & BBC iPlayer
Today's action includes Canada v Wales (12noon), Scotland v Fiji (2.45pm) and England v Samoa (5.00pm).

Football



Premier League
TNT Sports 1 & Sky Sports
Coverage of the west London derby between Chelsea and Fulham (12.30pm) and Leeds v Newcastle (5.30pm).

Entertainment

You Bet! on Tour
ITV1, 8pm
Stephen Mulhern hosts as the show goes on the road, with people attempting challenges for the chance to win £5,000.

Documentary

The Day Diana Died
5, 9pm
Looking back at the shocking few days after the car crash that claimed the life of Diana, Princess of Wales in August 1997.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 6.30 Michael...	7.30 Pointless Celebrities		8.20 Casualty	9.10 Annika		10.00 News	10.20 Match of the Day
	102 BBC2		7.20 Grand...	7.40 Soul Revolution with Trevor Nelson		9.10 Van Morrison: Later... with Jools Holland		10.10 Van Morrison – Up on Cyprus...	
	103 ITV1	7.00 The 1% Club		8.00 You Bet! on Tour		9.00 Who Wants to Be a Millionaire?...		10.00 One Night	
	104 CHANNEL 4	‹ 6.30 F1: Dutch Grand Prix Qualifying...		8.00 Bettany Hughes' Lost Worlds...		9.00 Griff's Great American South		10.00 Film: Boston Strangler	
	105 5	‹ 6.25 Great...	7.30 The Big Drought of 1975			9.00 The Day Diana Died			10.30 When TV...
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Film: Sleepless in Seattle				10.00 Film: The Dry	
ENTERTAINMENT	115 BBC3	7.00 EastEnders				9.00 Gavin & Stacey		10.00 Two Pints of Lager and a Packet of...	
	116 BBC4		7.10 Miss Marple: 4:50 from Paddington			9.00 Dark Hearts			
	118 ITV2	‹ 6.55 Film: Coyote Ugly				9.00 Film: The Suicide Squad			
	136 MORE4	‹ 6.55 Four in a Bed				9.00 24 Hours in A&E			
	135 E4	7.00 The Simpsons				9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Blue Bloods		10.00 Elsbeth	
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones				9.00 Atomic			
	110 U&GOLD	‹ 6.45 Only Fools and Horses		8.00 Red Dwarf	8.35 Only Fools and Horses		9.50 Mrs Brown's Boys		
	111 U&DAVE	7.00 Gavin & Stacey				9.00 Here We Go			
	119 ITV3	7.00 Midsomer Murders				9.00 Vera			
	120 ITV4	‹ 6.25 Film: The Lost World: Jurassic Park				9.00 English Football League Highlights			10.30 Wrestling...
	112 COMEDY CENTRAL	7.00 Friends		8.00 Michael McIntyre's Big Show		9.00 Film: White Chicks			
	139 SKY SCI-FI	7.00 Star Trek: Voyager							
	113 SKY MAX	7.00 Joe Lycett's United States of...		8.00 Rob & Romesh vs K-Pop		9.00 Peacemaker		10.00 Mr Bigstuff	
	109 U&ALIBI	7.00 Maisie Raine		8.00 Father Brown		9.00 Death in Paradise			
	124 SKY ARTS	‹ 6.35 Elton John: Million Dollar Piano				9.00 Rod Stewart: It Had to Be You			
	132 U&W	7.00 Nurses on the Ward				9.00 Inside the Ambulance at Christmas		10.00 Stacey Dooley: Inside Spain's Narco...	
DOCUMENTARY	125 DISCOVERY	7.00 Gold Divers				9.00 In the Eye of the Storm		10.00 Marooned with Ed Stafford	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Extinct or Alive		9.00 The Zoo		10.00 Tanked	
	129 NAT GEO	7.00 Construction Fails		8.00 Car S.O.S.					
	123 SKY HISTORY	7.00 Craig Charles: UFO Conspiracies				9.00 Alien Files Reopened			
	155 U&YESTERDAY	7.05 Bangers & Cash							
	121 SKY DOCS		7.15 Film: When We Were Kings			9.00 I Am Joe Frazier			
FILMS – Sky Cinema	301 PREMIERE	‹ 5.35 The Lord of the Rings: The War of...		8.00 Restless			9.40 The Surfer		
	302 80s	‹ 5.55 Parenthood		8.00 Brewster's Millions				9.55 48 Hrs	
	303 HITS	‹ 6.05 Lost in Translation		8.00 Beetlejuice Beetlejuice				10.00 Django Unchained	
	304 GREATS	‹ 5.45 Gorillas in the Mist		8.00 The Great Gatsby					10.25 Midnight Express
	305 ANIMATION		7.15 Rugrats Go Wild		8.45 The Nut Job				10.20 The Prince of Egypt
	306 BACK TO SCHOOL	‹ 5.45 How to Train...	7.35 The Polar Express				9.30 Bookworm		
	307 LORD OF THE RINGS		7.20 The Lord of the Rings: The Fellowship of the Ring						10.20 The Lord of the Rings...
	308 COMEDY	‹ 6.00 Click		8.00 The Terminal					10.15 The Nutty Professor
	309 THRILLER	‹ 6.15 The Surfer		8.00 Vanilla Sky					10.20 True Romance
	310 DRAMA	‹ 6.15 A Mistake		8.00 A Star Is Born					10.25 Miranda's Victim
	311 SCI-FI	‹ 5.35 Star Trek...	7.35 Star Trek: First Contact				9.30 Star Trek: Insurrection		
	313 FILM4	‹ 6.40 The Day After Tomorrow				9.00 Titanic			
SPORT	401 MAIN EVENT	‹ 5.00 SNF – Live: Leeds United v Newcastle United (Kick-off 5.30)			8.30 US Open Tennis – Live: Coverage of day seven of the Grand Slam				
	402 PREMIER LEAGUE	‹ 5.00 SNF – Live: Leeds United v Newcastle United (Kick-off 5.30)			8.30 Game of the Day				10.30 PL Highlights
	403 FOOTBALL	‹ 5.20 Bundesliga...	7.30 EFL				9.30 EFL Highlights	10.00 EFL Cup...	10.30 EFL Highlights
	405 CRICKET	‹ 5.30 The Hundred – Live: The Men's Eliminator (Start-time 6.00)				9.00 The Hundred Bitesize		10.00 The Hundred	
	410 TNT SPORTS 1	7.00 Reload	7.30 Serie A – Live: Pisa v AS Roma (Kick-off 7.45)					10.00 Snooker Wuhan Open	
	411 TNT SPORTS 2	‹ 5.30 FIM Speedway Grand Prix – Live: The ninth round of the season in Wroclaw, Poland				9.00 MLB – Live: Boston Red Sox v Pittsburgh Pirates (Start-time 9.10)			

‹ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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Saturday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen** New edition With author Adam Kay. (S)
11.30 **Nadiya's Everyday Baking** (S)(R)
12.00 NOON **Football Focus** (S)
12.30 PM **BBC News** (S)
12.45 **Bargain Hunt** (S)(R)(AD)
1.30 **Money for Nothing** (S)(R)
2.00 **Escape to the Country** (S)(R)
2.45 **Garden Rescue** (S)(R)
3.30 **The Great British Sewing Bee** 7/10. The sewers tackle three art-inspired challenges. (S)(R)(AD)
4.30 **Final Score** Results round-up. (S)
5.25 **BBC News** (S)
5.35 **Local News** (S)
5.45 **The Hit List** New edition 7/9. A celebrity special, with Matt Edmondson, Jeremiah Asiamah, Keith Brymer Jones, Sophie Duker, and Shane and Sheena Lynch. (S)

8.20 Casualty

6 PM
6.30 **Michael McIntyre's Big Show** Singer Lewis Capaldi bravely hands over his phone in Send to All, before taking to the stage to perform *Forget Me*. Plus, a lucky football fan's boyhood dream comes true. (S)(R)

7 PM
7.30 **Pointless Celebrities** Jim Rosenthal, Tom Rosenthal, Sonnaz Nooranvary, Brenton West, Kadeena Cox, Lauren Steadman, Mark Wingett and Trudie Goodwin compete in the general knowledge quiz. (S)(R)

8 PM
8.20 **Casualty** Sunny confides in Rash about the tampered morphine and what she has had to do to protect her son from the drug gang, but comes up with a plan to put an end to the arrangement. (S)(AD)

9 PM
9.10 **Annika** 5/6. Morgan starts working at a remote Scottish eco-resort, but Annika's trip to visit her is interrupted by the death of a local builder. (S2) (S)(R)(AD)
■ Entire series on BBC iPlayer

10 PM
10.00 **BBC News** (S)
10.20 **Match of the Day** Mark Chapman presents highlights of the latest Premier League matches, including Manchester United v Burnley and Chelsea v Fulham. (S)
■ More tomorrow at 10.30pm
11.40 **The Football Interview** New edition With West Ham United forward Jarrod Bowen. (S)
11.55 FILM **Legend** Biopic of the Kray brothers, exploring their rise to power from the point of view of Reggie's wife Frances. Stars Tom Hardy and Emily Browning. (S) (AD) (2015, 18, 125min) ★★★
2.00 AM **Weather for the Week Ahead**
2.05 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.35 AM **Children's Programmes**
9.00 **Gardeners' World** (S)(R)
10.00 FILM **Gl Blues** Vintage musical comedy starring Elvis Presley. (S) (1960, PG, 105min) ★★★
11.45 LIVE **Rugby Union: Women's World Cup** Canada v Wales: Both teams' second Pool B match, held at Salford Community Stadium. Kick-off is at 12.00. (S)
2.15 PM LIVE **Rugby Union: Women's World Cup** Scotland v Fiji: Both teams' second Pool B match, held at Salford Community Stadium. Kick-off is at 2.45. (S)
4.35 LIVE **Rugby Union: Women's World Cup** England v Samoa: Both teams' second Pool A match, held at cinch Stadium at Franklin's Gardens in Northampton. Kick-off is at 5.00. (S)

7.40 Soul Revolution

6 PM
LIVE **Rugby Union: Women's World Cup** (started at 4.35pm)

7 PM
7.20 **Grand Tours of Scotland's Lochs** Paul Murton travels from Loch Hope to Sandwood Bay. (S)(R)
7.40 NEW **Soul Revolution with Trevor Nelson** The broadcaster presents a Prom celebrating soul music recorded at the Royal Albert Hall, with vocalists Beverley Knight, Jacob Lusk, Reginald Mobley, Tony Momrelle, James Emmanuel, Annahstasia and the LJ Singers. (S)

8 PM
9.10 **Van Morrison: Later... with Jools Holland** A selection of the singer-songwriter's performances from Jools Holland's *Later...* programme and his annual Hootenanny shows. (S)(R)

9 PM
10.10 **Van Morrison: Up on Cyprus Avenue** Highlights of the singer-songwriter's performance recorded on his 70th birthday in August 2015, on the Belfast thoroughfare he made famous through a song on his album *Astral Weeks*. (S)(R)
11.10 **Van Morrison at the BBC** A vintage compilation of the multi-talented Northern Irish musician's most memorable studio performances. (S)(R)
12.10 AM **Van Morrison: Radio 2 in Concert** A 2016 performance at the BBC Radio Theatre. (S)(R)
1.25 **Sign Zone: Parenthood** (S)(R)(AD)
2.25 **Sign Zone: Policing Paradise** (R)
2.55 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Simply Raymond Blanc** (S)(R)
6.30 **The Chase** Quiz show. (S)(R)
7.30 **Cooking with the Stars** (S)(R)(AD)
8.25 **Jimmy & Shivi's Farmhouse Breakfast** New edition (S)
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** New edition With Jon Culshaw. (S)
11.40 **Ainsley's Fantastic Flavours** New edition Ainsley Harriott explores the flavours of East Asia.
12.35 PM **Tom Kerridge Cooks Spain** The chef visits Catalonia. (S)(R)
1.10 **ITV News** (S)
1.15 LIVE **Racing** From Sandown Park, Beverley and Chester. (S)
4.00 FILM **Fantastic Beasts: The Secrets of Dumbledore** Fantasy adventure starring Eddie Redmayne and Jude Law. (S)(AD) (2022, 12, 155min) ★★★

1.15 Racing

6 PM
6.35 **ITV News** (S)
6.45 **Local News** (S)

7 PM
7.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all about logic and common sense, with 100 contestants in every show having a chance of winning up to £100,000. (S)(R)

8 PM
8.00 NEW SERIES **You Bet! on Tour** 1/6. Stephen Mulhern returns with the game show, this time travelling around the UK to find ordinary people to take on extraordinary challenges. (S)(AD)

9 PM
9.00 **Who Wants to Be a Millionaire? Celebrity Special** Jeremy Clarkson hosts as Anton Du Beke and Fred Sirieix attempt to answer 15 questions correctly in the hope of winning £1 million for charity. (S)(R)

10 PM
10.00 **One Night** New episode *Tess:* 3/6. Believing Tess to be the author, Eden tracks her down and asks her about the crime at the heart of the novel. (S1) (S)(AD)
■ Entire series on ITVX
11.00 **ITV News** (S)
11.25 **English Football League Highlights** Action from the latest EFL matches, including Middlesbrough v Sheffield United and Millwall v Wrexham. (S)(R)
12.50 AM **Teleshopping**
3.00 **The Twelve** (S)(SL)(R)(AD)
4.00 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Fern Britton: Inside the Vet's** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

5.55 AM **Cheers** 20-23/27. (S9) (S)(R)
7.45 FILM **Wedding March 5: My Boyfriend's Back** Drama sequel. (S) (2019, PG, 100min) ★★★
9.25 **The Simpsons** (S)(R)(AD)
10.20 **A New Life in the Sun** (S)(R)
11.20 **Sun, Sea and Selling Houses** A dog groomer from Wigan hopes to find a home in Almería. (S)(R)
12.20 PM **Four in a Bed** (S)(R)
2.55 **Location, Location, Location** Kirstie and Phil help two sets of house hunters in Yorkshire. (S)(R)
3.55 **Kirstie and Phil's Love It or List It** A couple from Stockport need help deciding what to do with their six-bedroom home. (S)(R)(AD)
5.00 **Worst House on the Street** Scarlette and Stuart Douglas help newlyweds Ben and Millie transform their home in Chester. (S)(R)(AD)

8.00 Bettany Hughes' Lost Worlds

6 PM
6.00 **News** (S)
6.30 **F1: Dutch Grand Prix Qualifying Highlights** Lee McKenzie presents action from the battle for grid positions for the 15th round of the season at Circuit Zandvoort. With analysis from David Coulthard and Billy Monger. (S)

7 PM

8 PM
8.00 **Bettany Hughes' Lost Worlds: The Nabataeans** New edition 2/3. Bettany joins underwater archaeology teams accessing a newly discovered submerged temple in the Bay of Naples. (S)(AD)

9 PM
9.00 **Griff's Great American South** New edition 5/6. Griff Rhys Jones arrives in New Orleans, Louisiana, where tourists can soak up the streets where jazz music was born. (S)(AD)

10 PM
10.00 FILM **Boston Strangler** Fact-based drama starring Keira Knightley and Carrie Coon. Two female reporters encounter sexism while investigating the Boston Strangler murders of the 1960s. With Chris Cooper. (S) (AD) (2023, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.05 AM FILM **Terminator: Dark Fate** Sci-fi action adventure. (S)(AD) (2019, 15, 130min) ★★★★
2.15 **Ramsay's Kitchen Nightmares USA** From Ohio. (S)(SL)(R)
3.05 **Travel Man: 48 Hours in Vilnius** (R)
3.30 **24 Hours in A&E** (S)(R)(AD)
4.25 **Location, Location, Location** (R)
5.20 **Find It, Fix It, Flog It** (S)(R)
5.35 **to 6.20** AM **The Simpsons** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.40 AM **Milkshake!**
8.55 SpongeBob SquarePants (S)(R)
9.05 Entertainment News (S)
9.20 Bargain-Loving Brits in the Sun Singer Laura-Elen celebrates her birthday. (S)(R)
9.45 Dream Kitchens & Bathrooms with Mark Millar (S)(R)
11.35 Susan Calman's Great British Cities Triple bill. (S)(R)
2.30 PM **Tales from the Riverbank** Double bill of editions. (S)(R)
4.30 Summer in the Scilly Isles 1/4. Fern Britton gives a window into the tiny close-knit community that call the Isles of Scilly their home. (S)(R)
5.30 Summer in the Scilly Isles 2/4. The students of the only secondary school prepare for the summer holidays. (S)(R)

7.30 The Big Drought of 1975

6.25 Great Gardens of Europe New edition 2/4. A look at the palace and gardens of Parque de Monserrate in the Portuguese town of Sintra, which span 80 acres and are a testament to the Victorian era's adventurous spirit of plant collecting. (S)
7.20 News (S)
7.30 NEW **The Big Drought of 1975** A look at a record-breaking spell of erratic weather in the UK that lasted for 16 months from May 1975, culminating in 1976 when thousands of households had to rely on standpipes. (S)
9.00 NEW **The Day Diana Died** Piecing together the hours following the news of the Princess of Wales' death and examining key decisions made by the royal household, newsrooms and Tony Blair's government. (S)
10.30 When TV Goes Horribly Wrong Moira Stuart narrates a compilation of TV news disasters, from reporters out in the field who are up against the elements to kids running amok in the studio. (S)(R)
12.30 AM **Bargain-Loving Brits in the Sun** Shani and Lauri welcome a competition winner. (S)(R)
1.00 PlayOJO Live Casino Show (S)
3.00 Billionaire's Paradise: Top 10 Luxury Destinations (S)(R)
4.15 Friends (S1) (S)(R)(AD)
4.40 Me & My 10 Kids (S)(SL)(R)
5.30 to **5.40** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **The Pingu Show** (S)(R)
6.30 The Epic Adventures of Morph
6.40 The Very Small Creatures (R)
6.50 The Brilliant World of Tom Gates (S)(R)(AD)
7.05 Monkey Life (S)(R)
8.00 The F1 Show (R)
9.00 Planet Shark (S)(R)(AD)
10.00 Boss Shark (S)(R)
11.00 Ancient Superstructures (S)(R)
12.00 NOON **Weird Britain: UFO Special** Andy McGrath explores British ufology. (R)
1.00 PM FILM **The Secret Garden** Drama with Colin Firth. (S)(AD) (2020, PG, 99min) ★★★★
3.00 Gillette Labs Soccer Saturday
5.00 F1: Dutch Grand Prix Qualifying Highlights Action from the battle for grid positions at Circuit Zandvoort.

8.00 Sleepless in Seattle

F1: Dutch Grand Prix Qualifying Highlights (started at 5.00pm)

7.00 The Simpsons *Gal of Constant Sorrow:* Bart lets a homeless woman live in his wardrobe. (S)(R) **7.30** *Lisa the Veterinarian:* Lisa decides she wants to be a veterinarian. (S)(R)
8.00 FILM **Sleepless in Seattle** Romantic comedy starring Tom Hanks and Meg Ryan as two people who fall in love without ever meeting. A woman hears a grieving widower pour his heart out on the radio and becomes convinced he is the man of her dreams. With Bill Pullman and Ross Malinger. (1993, PG, 105min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
10.00 FILM **The Dry** Crime drama starring Eric Bana and Genevieve O'Reilly. A federal agent returns to his drought-stricken home town to attend a funeral, but his arrival opens up a decades-old wound. With Keir O'Donnell. (S)(AD) (2020, 15, 117min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.15 AM **Micky Flanagan: If Ever We Needed It** A stand-up show by the comedian. (S)(R)
1.30 An Idiot Abroad 2 (S)(R)(AD)
2.30 The Force: Manchester (S)(R)
3.30 Road Wars (S)(R)
5.00 Nothing to Declare (S)(R)
5.30 to **6.00** AM **Monkey Life** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
4.30-5.25pm Sportscene: Open All Mics (S) **11.40** Sportscene: Premiership Highlights (S)(R) **12.25am** The Football Interview New edition (S) **12.40** FILM Legend (S)(AD) (2015, 18, 125min) ★★★ **2.45** Weather for the Week Ahead (S) **2.50-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
11.30am Nigel Slater's Simple Cooking (S)(R) **11.45** LIVE Rugby Union: Women's World Cup (S) **2.15pm** Garden Rescue (S)(R) **3.00** The Great British Sewing Bee (S)(R) (AD) **4.00-4.30pm** Weatherman Walking (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
11.45am Planet Earth: A Lion's Tale (S)(R) **12.00noon** Football Focus (S) **12.30pm** BBC News (S) **12.40** Weather (S) **12.45** Bargain Hunt (S)(R) (AD) **1.30-2.15pm** Escape to the Country (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Help Llaw **10.15** Jason Mohammad: Stadiymau'r Byd **11.15** Trysorau Cymru: Tir, Tai a Chyfrinachau (AD) **11.45** Codi Pac **12.15pm** Cymry ar Gynfas **12.45** Prosiect Pum Mil **1.45** Efaciwîs (AD) **2.45** Taith Bywyd (AD) **3.45** Colleen Ramsey: Bywyd a Bwyd **4.15** Garddio a Mwy **4.45** Cwpwrdd Epic Chris **5.15** Hen Dy Newydd (AD) **6.10** Triathlon Cymru – Aberllydan **7.15** Newyddion a Chwaraeon **7.30** Cymry ar Gynfas **8.00** Dartiau: Pencampwriaethau Cymru 2025 **10.30** Rybish (AD) **11.00pm-12.05am** Prosiect Pum Mil

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Lily makes a shocking discovery. **7.30** Alfie desperately tries to stop the truth coming out. **8.00** The Vic hosts a barbecue, but things soon get out of hand. **8.30** Patrick makes a big announcement.
9.00 Gavin & Stacey 3/8. Smithy accompanies Nessa to the hospital for her first ultrasound scan. **9.30** 4/8. The newlyweds argue while on a night out at the bowling alley. (S2)
10.00 Two Pints of Lager and a Packet of Crisps 2/6. Jonny wins money on a scratchcard. **10.30** 3/6. Janet finds a love letter from an old flame. **11.00** 4/6. Janet runs into a former boyfriend. **11.30** 5/6. Jonny refuses to speak to Janet. (S2)
12.00 M'T **Starstruck** 3&4/6. (S2)
12.45 AM **Ashley Cain: Into the Danger Zone**
1.45 Two Pints of Lager and a Packet of Crisps (S2)
3.45 to **4.00** AM **Donkey**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Peregrine: Nature's Top Gun** The peregrine falcon's aerial skill.
7.10 Miss Marple *4.50 from Paddington:* The sleuth investigates a friend's claim to have witnessed a murder.
9.00 Dark Hearts New episodes 3/6. An Iraqi raid has ruined the planned exchange of hostages, leaving Zaid mistrustful of the French and in fear of his life as Moktar prepares to interrogate Kerry Mason. **9.50** 4/6. Sab tries to escape from Zaid's house when Moktar and his men come to arrest him. Zaid is then captured, tortured and manipulated by Moktar. Subtitled. (S2)
■ Entire series on BBC iPlayer
10.45 Parkinson The host is joined by Billy Connolly, Anna Raeburn, Rod Hull and Emu, and Frank Evans.
11.50 The Newsreader 3&4/6. Double bill. (S2)
1.35 AM **The Good Life**
2.05 to **3.55** AM **Miss Marple**

MORE4

136/137 127 147 18 124 15

8.55 AM **Four in a Bed**
11.35 Location, Location, Location From Weybridge.
12.35 PM **George Clarke's Old House, New Home**
1.40 George Clarke's Amazing Spaces Wartime bunkers.
2.45 Ugly House to Lovely House with George Clarke
3.50 Come Dine with Me
6.25 Four in a Bed The first visit of the week is to 38 St Giles in Norwich. **6.55** A visit to the Royal Oak in Hawkhurst, Kent.
7.25 Four in a Bed The third visit of the week is to The Fox & Goat in Oxfordshire. **8.00** The final visit of the week is to No 64 at The Joiners in West Malling, Kent. **8.30** The contenders find out which B&B has won.
9.00 24 Hours in A&E A baby is rushed in after suffering a seizure, a man arrives with a self-inflicted stab wound, and a 68-year-old is flown in by air ambulance having fallen from a ladder.
10.00 24 Hours in A&E An 85-year-old man is brought to St George's with a swollen hand after cutting his finger on some wire.
11.05 999: On the Front Line
12.05 AM **Emergency Helicopter Medics**
2.15 24 Hours in A&E
3.20 to **3.50** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **The Goldbergs**
8.30 Lego Masters Australia
9.40 Ramsay's Kitchen Nightmares USA
12.40 PM **The Big Bang Theory**
3.10 FILM **Deep Impact** Disaster movie starring Robert Duvall. (1998, 12, 123min) ★★★★
5.30 The Simpsons *Lost Verizon:* Bart steals a mobile phone. **6.00** *Double, Double, Boy in Trouble:* Bart trades lives with a wealthy lookalike. **6.30** *Lisa's Date with Density:* Lisa falls for Nelson.
7.00 The Simpsons *Hurricane Neddy:* Ned Flanders' home is destroyed by a hurricane. **7.30** *El Viaje Misterioso de NuestroJomer (The Mysterious Voyage of Our Homer)* Homer experiences hallucinations. **8.00** *The Springfield Files: X-Files* agents Mulder and Scully arrive in Springfield. **8.30** *The Twisted World of Marge Simpson:* Marge starts her own business.
9.00 Celebrity Gogglebox Famous faces appraise *Love Island* and *Coronation Street*.
10.00 Gogglebox Opinions on *Starstruck, Challenge Anneka* and *The Piano*.
11.05 Gogglebox
12.05 AM **First Dates**
2.10 Below Deck: Mediterranean
3.45 Ramsay's Kitchen Nightmares USA
4.30 to **6.00** AM **The Goldbergs**

+1 hr 235/236 306 30 123 256

Saturday primetime primetime

SATURDAY Entertainment

Saturday

Sky Witness

107 107 110 341 356

6.00 AM **Brit Cops: Law & Disorder** Documentary.
7.00 **Motorway Patrol**
9.00 **Customs UK**
10.00 **Send in the Dogs**
11.00 **The Force: Manchester**
12.00 NOON **Stop, Search, Seize**
1.00 PM **Bondi Rescue** Trainee Lachie finds out if he has made the lifeguard squad. **1.30** Jethro faces the most challenging rescue of his career.
2.00 **Nothing to Declare** Ten editions following the work of customs officers in Australia.

9.00 Blue Bloods

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 **Blue Bloods** *Past History:* 13/21. Danny and Baez race against the clock to catch a killer targeting young women. (S13)

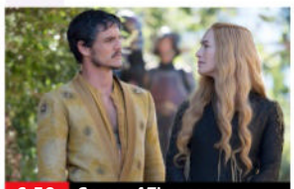
10 PM
10.00 **Elsbeth** *Hot Tub Crime Machine:* 16/20. After a man's suspicious death in a hot tub, Elsbeth consults the victim's wife. (S2)
11.00 **Law & Order: SVU** 4/13. (S25)
12.00 M'T **Bull** 6/16. (S5)
1.00 AM **The Cleaning Lady** (S3)
2.00 **Caught on Dashcam**
3.00 **FBI** 6/15. (S3)
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **The Guest Wing**
7.00 **Richard E Grant's Hotel Secrets** Double bill.
9.00 **Six Feet Under** 4–8/12. (S5)
2.30 PM **Game of Thrones** 1/10. Jon Snow finds himself on trial at Castle Black. **3.35** 2/10. Bran experiences a series of strange visions. **4.40** 3/10. Dontos spirits Sansa out of King's Landing. **5.45** 4/10. Jaime has a mission for Brienne. **6.50** 5/10. Littlefinger and Sansa arrive at the Eyrie. (S4)


6.50 Game of Thrones

7.55 **Game of Thrones** *The Laws of Gods and Men:* 6/10. Yara Greyjoy leads a mission to rescue her brother Theon, while Tyrion's trial begins in the throne room. (S4)

9.00 **Atomic** *Al Britani:* 1/5. Two men become caught up in a cartel's plot to transport uranium across north Africa.

10.00 **Atomic** *Baal:* 2/5. Deep cover CIA agent Cassie Elliott receives a tip off about an exchange of uranium. (S1)
11.00 **The White Lotus** 7/7. Tanya grows wary of Quentin's motives, and Valentina gives Mia a chance. (S2)
12.25 AM **The Sopranos** (S2)
4.30 **In Treatment** (S1)
5.00 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Highway Patrol**
7.00 **SEAL Team** (S2&3)
11.00 **Grimm** 1–4/22. (S1)
3.00 PM **The Walking Dead** 3/16. A mysterious disappearance divides the work camp. **4.00** 4/16. Rick's vision of the future comes under threat. **5.00** 5/16. Rick is forced to face the past as he struggles to maintain safety. **6.00** 6/16. The survivors encounter unfamiliar faces outside the safety of their community's walls. (S9)

9.00 Peacemaker

7.00 **Joe Lycett's United States of Birmingham** 2/4. The comedian heads to Ohio – the state with the most Birminghams.

8.00 **Rob & Romesh vs K-Pop** Rob Beckett and Romesh Ranganathan enter the world of the music phenomenon of K-Pop.

9.00 **Peacemaker** *A Man Is Only as Good as His Bird:* 2/8. Superhero action comedy spin-off. (S2)

10.00 **Mr Bigstuff** 1/6. Lee and Glen are handling things very differently. **10.30** 2/6. Kirsty starts her new job. (S2)
11.00 **Mr Bigstuff** 3–6/6. (S2)
1.00 AM **Strike Back: Vendetta**
2.00 **S.W.A.T.** New episode 7/22. When two students are brutally attacked, 20-Squad contend with a possible honour killing. (S8)
3.00 **Resident Alien** 3/10. (S4)
4.00 **Warrior** 2/10. (S2)
5.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Dress to Impress**
8.45 **Dinner Date**
9.45 **Sam and Billie: Sister Act**
10.45 **Deal or No Deal**
1.45 PM **In for a Penny**
2.15 **Celebrity Catchphrase**
3.20 **FILM Bee Movie** Animation featuring the voices of Jerry Seinfeld and Renée Zellweger. (2007, U, 91 min) ★★★
5.15 **FILM The Secret Life of Pets** Animated adventure with the voices of Louis CK and Kevin Hart. (2016, U, 83min) ★★★

5.15 The Secret Life of Pets

6.55 **FILM Coyote Ugly** Music drama starring Piper Perabo, Adam Garcia and Maria Bello. An aspiring singer-songwriter gets a job in a rowdy New York bar while pursuing her dreams of stardom. (2000, 12, 100min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **FILM The Suicide Squad** Comic-book adventure comedy starring Idris Elba. Supervillains Harley Quinn, Bloodsport, Peacemaker and a rag-tag bunch of cons at Belle Reve prison join a secret task force. (2021, 15, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.35 **Family Guy** 18/20. (S17)
12.40 AM **American Dad!** (S13)
1.35 **The Stand Up Sketch Show** Comedy with Rhys James, Ali Woods and Ed Kear.
2.05 **Deal or No Deal**
3.00 **Teleshopping**
4.00 **to 4.30** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **On the Buses**
6.30 **A Touch of Frost**
8.35 **Agatha Christie's Poirot**
9.40 **Doc Martin** 5&6/8. (S8)
11.45 **The Darling Buds of May**
3.00 PM **Agatha Christie's Marple** *The Secret of Chimneys:* A country-house party is marred by murder.
5.00 **Midsomer Murders** *The Glitch:* A teacher is killed in a hit-and-run accident, and Barnaby suspects the intended target was a Midsomer University science fellow.

11.00 Shetland

7.00 **Midsomer Murders** *The Black Book:* A masterpiece by a landscape artist is auctioned for £400,000 after a fierce bidding war – and hours later, its former owner is tortured and killed. Guest stars David Bamber.

9.00 **Vera** *Muddy Waters:* When a man's body is dredged up from a slurry pit on a remote farm, Vera must connect the dots between the victim and a wounded illegal immigrant who has been working there.

11.00 **Shetland** 5/6. Perez must reassess the investigation following Jo's attack. **12.00** M'T 6/6. Perez's judgement is questioned. (S4)
1.15 AM **The Real Crown: Inside the House of Windsor**
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights** The latest top-flight action, including Livingston v Hearts.
8.00 **The Royal Edinburgh Military Tattoo: 75th Anniversary** Highlights of the event held on the esplanade of Edinburgh Castle.
9.30 **Two Doors Down** 3/6. Ian's friend Darren turns up out the blue. (S7)
10.00 **Gary: Tank Commander** 3/6. The lads are put on kitchen duty as punishment. (S2)
10.30 **Murder Case: Who Killed Kiesha?** Detectives try to find the killer of Kiesha Donaghy.
11.30 PM **to 12.00** M'T **Our Lives: Downhill Highs** A mountain biker scales Scotland's mountains.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **The Conners** (S3)
10.30 **Veep** 3–6/10. (S3)
1.10 PM **Sex and the City**
4.30 **Will & Grace** (S1)
7.00 **The Office (US)** 5/6. Michael arranges a basketball match. **7.30** 6/6. A beautiful woman causes a stir. (S1) **8.00** 1/22. The staff members endure an awards banquet. **8.30** 2/22. The team receive a lesson in sexual harassment. (S2)
9.00 **And Just Like That...** *Hello It's Me:* 1/10. Carrie is challenged to be sexually open on Che's podcast. **9.50** *Little Black Dress:* 2/10. Miranda and Charlotte come to Carrie's aid. (S1)
10.45 **Bill Maher: Is Anyone Else Seeing This?** The comedian performs a stand-up special.
12.00 M'T **Girls** (S5&6)
3.05 **to 5.00** AM **Entourage**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Pavarotti: A Voice for the Ages**
7.20 **Golden Age: Milos at Blenheim Palace**
8.30 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **Classic Artists**
3.30 **Sam Cooke: A Legend in Concert**
5.00 **Joseph and the Amazing Technicolor Dreamcoat** Musical.
6.35 **Elton John: Million Dollar Piano**
9.00 **Rod Stewart: It Had to Be You**
11.00 **The Yardbirds**
12.45 AM **Jeff Beck Live at Ronnie Scott's**
2.45 **Classic Albums**
3.45 **Opera North's Resonance**
4.00 **Music Icons: US Heavy Metal**
4.30 **Music Icons: Progressive Rock**
5.00 **Music Icons: Jazz Rock**
5.30 **to 6.00** AM **Music Icons: Soft Rock**

Sky Mix

151 158 135 11 141 23

6.00 AM **Nothing to Declare**
8.00 **Let's Game**
8.25 **Silly Pets**
8.35 **Impossible Animals**
8.45 **Isadora Moon**
9.00 **Nothing to Declare**
11.00 **Kenya Wildlife Diaries**
12.00 NOON **Arctic Secrets**
1.00 PM **Gangs of Baboon Falls** Documentary.
2.00 **Secret Life of the Kangaroo** Triple bill.
5.00 **Orangutan Jungle School** Documentary.
6.00 **Nature's Mass Attacks**
7.00 **Planet Weird** Wild creatures' peculiar survival techniques and strange behaviours.
8.00 **Caught on Dashcam** Double bill, featuring road disasters captured on dashboard cameras.
10.00 **The Force: North East**
12.00 M'T **World's Most Evil Killers** Double bill.
2.00 AM **Nothing to Declare**
5.00 **to 6.00** AM **The Force: Manchester**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **In with a Shout**
3.00 **Tenable** Double bill.
5.00 **Deal or No Deal**
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts as Wendy tries to open the 22 red boxes in the right order, taking on the infamous Banker for the chance to win a life-changing cash prize.
9.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard in which contestants drop tokens down a choice of four chutes in the hope of winning a £10,000 jackpot.
12.00 M'T **In with a Shout** The Bhambras from Bradford and the Pohls from Rugby compete.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 32

8.00 AM **Highway to Heaven**
11.00 **Little House on the Prairie** 14–21/23. (S3)
7.00 PM **Little House on the Prairie** *Gold Country – Part One:* 22/23. A poor harvest forces the Edwards and the Ingalls families to leave Walnut Grove to search for gold. **8.00** *Gold Country – Part Two:* 23/23. The Ingalls family head for home. (S3)
9.00 **FILM Hercules** Mythological adventure starring Dwayne Johnson. The legendary hero leads a band of mercenaries in a battle to restore a deposed king to his throne. (2014, 12, 98min) ★★★
11.00 **The Avengers** (S5)
3.00 AM **Hart to Hart** (S5)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
7.00 **Target Sports Stars Fishing Championship**
8.55 **The Protectors**
9.30 **Racing: The Opening Show**
10.30 **The Big Match Revisited**
11.35 **Great Racehorses**
11.55 **Cadfael** 1/3. (S2)
1.40 PM **FILM Shalako** Western starring Sean Connery. (1968, PG, 118min) ★★
4.00 **FILM Jurassic Park** Steven Spielberg's thriller starring Sam Neill and Laura Dern. (1993, PG, 127min) ★★★★★

4.00 Jurassic Park

6.25 **FILM The Lost World: Jurassic Park** Monster adventure sequel starring Jeff Goldblum. A survivor of the Jurassic Park catastrophe goes to a second island also populated by genetically engineered dinosaurs. (1997, PG, 129min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **English Football League Highlights** Action from the day's games across the Football League, including Stoke City v West Bromwich Albion in the Championship.
10.30 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling with Jon Moxley, Chris Jericho and Claudio Castagnoli.
12.30 AM **BattleBots**
1.30 **Minder**
2.30 **Motorsport Mundial**
3.00 **Teleshopping**
5.00 **to 5.30** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **FILM Stargate: Continuum** Sci-fi adventure spin-off. (2008, PG, 99min) ★★
1.00 PM **Stargate Origins: Catherine** Sci-fi drama spin-off starring Ellie Gall.
3.00 **Star Trek: The Next Generation** Four episodes of the sci-fi drama, including at: **5.00** 5/26. The *Enterprise* crew members meet the Ferengi. **6.00** 6/26. The propulsion system backfires. (S1)

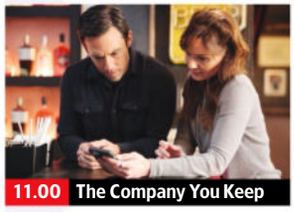
7.00 Star Trek: Voyager

7.00 **Star Trek: Voyager** *Friendship One:* 21/26. The crew explore a planet devastated by nuclear radiation.
8.00 **Star Trek: Voyager** *Natural Law:* 22/26. Chakotay and Seven become stranded among a primitive people.
9.00 **Star Trek: Voyager** *Homestead:* 23/26. The ship's sensors read Talaxian life signs on a long-range scan.
10.00 **Star Trek: Voyager** *Renaissance Man:* 24/26. The Doctor has to tread a fine line to save Janeway from execution. (S7)
11.00 **The Walking Dead** 10/24. The heroes experience Halloween in the Commonwealth. **12.00** M'T 11/24. Eugene searches for Stephanie. **1.00** AM 12&13/24. (S11)
3.00 **FILM Stargate: Ark of Truth** Sci-fi adventure spin-off. (2008, 12, 97min) ★★★
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.00 AM **Murdoch Mysteries**
9.50 **Elementary** 19-21/24. (S5)
12.45 PM **Inspector Alleyn Mysteries**
3.00 **Father Brown** *The Fall of the House of St Gardner:* A gossip columnist is found murdered. **4.00** *The Tower of Lost Souls:* Efforts are made to uncover a dark secret at Helmsley House. **5.00** *The Menace of Mephistopheles:* Goodfellow witnesses Mallory frame an innocent man for murder.
6.00 **Maisie Raine** 1/6. Kyprianou's informant is endangered. (S2)


11.00 The Company You Keep

7.00 **Maisie Raine** *European Forty-Five:* 2/6. The owner of Maisie's local off-licence is stabbed during a robbery. (S2)
8.00 **Father Brown** *The Cup of Calabria:* The sleuthing priest joins forces with Flambeau to hunt for a priceless holy relic.
9.00 **Death in Paradise** *Painkiller Thriller:* 5/9. A young pop star is found dead at a rehab clinic.
10.00 **Death in Paradise** *Phone-In-Murder:* 6/9. A woman is suspected of reporting her own murder. (S11)
11.00 **The Company You Keep** 8/10. Emma partners with Birdie when Leo gathers his old friends around to con a man who lost their pensions years ago. (S1)
12.00 M'T **Father Brown**
2.00 **to 4.00** AM **Elementary**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.25 AM **Only Fools and Horses**
1.05 PM **Only Fools and Horses** As shown at 8.35pm. **2.15** Del Boy becomes a yuppie and Rodney begins attending a computer course. **3.20** Dodgy dealer Del gets his hands on a consignment of self-inflating rubber dolls. **4.25** A retired jeweller offers Del Boy the deal of a lifetime. **5.35** Rodney wins a holiday at a five-star hotel in Majorca. **6.45** Del's mother apparently makes contact during a seance at the Nag's Head.

8.00 Red Dwarf

Only Fools and Horses (started at 6.45pm)
8.00 **Red Dwarf** Part two of two. Pete the Sparrow is turned into a dinosaur.
8.35 **Only Fools and Horses** Rodney ties the knot with Cassandra, while Del Boy tries to dodge a bashing from the dreaded Driscoll brothers.
9.50 **Mrs Brown's Boys** Dermot gets cold feet in the run-up to his wedding. **10.25** Newlyweds Dermot and Maria argue over whether they should buy their own home.
11.00 **Inside No 9** Two sons discover the truth about their parents. **11.40** Friday the 13th causes problems for a wary worker.
12.20 AM **Mrs Brown's Boys**
1.40 **Inside No 9**
3.00 **Here We Go**
3.30 **to 4.00** AM **Mrs Brown's Boys**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Pointless** Quiz show.
8.00 **Top Gear: Polar Challenge**
9.00 **Cape Carnage: Killer Catch**
11.00 **Top Gear** With Roger Daltrey.
12.00 NOON **World's Most Dangerous Roads**
1.00 PM **Our Guy in Colombia**
2.00 **Alison & Larry: Billericay to Barry** A 210-mile road trip.
3.00 **Would I Lie to You?**
4.20 **Would I Lie to You? At Christmas** Guests include Bill Bailey and Ruth Jones.
5.00 **Would I Lie to You?**
6.20 **Gavin & Stacey**

9.00 Here We Go

7.00 **Gavin & Stacey** Gavin sets out to help Smithy accept his responsibilities. **7.35** Smithy accompanies Nessa to the hospital for her first ultrasound scan. **8.15** After a day spent house-hunting, tensions between the newlyweds reach fever-pitch.
9.00 **Here We Go** Cherry launches her salsa class, and Sue buys a pool. **9.35** The Jessops confront Ray, Paul's old archery teammate. **10.15** Robin asks Paul to go undercover.
10.55 **Not Going Out** Triple bill of episodes.
12.55 AM **Would I Lie to You?**
1.35 **Would I Lie to You? The Unseen Bits** Unseen material.
2.10 **Would I Lie to You? At Christmas** As 4.20pm.
2.40 **World's Most Dangerous Roads** Series highlights.
3.30 **to 4.00** AM **Judge Romesh**

+1 hour 211/212 327 74 259

Saturday

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **A Place in the Sun**
9.30 **Come Dine with Me**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **A Place in the Sun: What Happened Next?**
4.00 **A Place in the Sun**
8.00 **Grand Designs Revisited** Kevin McCloud catches up with a couple who built a hypoallergenic home.
9.00 **8 Out of 10 Cats Does Countdown** Rob Brydon and Joe Wilkinson take on Lucy Beaumont and Jon Richardson.
10.00 **FILM Terminator Genisys** Sci-fi action adventure sequel with Arnold Schwarzenegger. (2015, 12, 126min) ★★★
12.30 AM **Celebrity Gogglebox 2022**
1.30 **Gogglebox**
2.30 **The Dog House**
3.30 **Kirstie and Phil's Love It or List It: Brilliant Builds**
4.25 **to 4.55** AM **Four in a Bed**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **Murder, She Wrote**
11.05 **Blue Bloods** (S6)
1.05 PM **NCIS** 9-13/20. (S17)
6.00 **NCIS** *On Fire:* 14/20. Torres and Bishop are victims of a hit-and-run. **7.00** *Lonely Hearts:* 15/20. Sloane has a secret admirer on Valentine's Day. **8.00** *Ephemera:* 16/20. The team investigate the suicide of a retired Navy officer. (S17)
9.00 **Criminal Minds** *False Flag:* 9/22. Two members of a Roswell conspiracy group die in quick succession. **10.00** *Submerged:* 10/22. A series of pool murders are reported in California. (S13)
11.00 **Law & Order: Special Victims Unit** (S19&18)
2.45 AM **Criminal Minds**
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Entertainment News**
8.10 **Friends** 9-12/24. (S2)
10.20 **Shoplifters: Caught Red Handed**
12.20 PM **Nightmare Tenants, Slum Landlords**
2.25 **FILM Nim's Island** Adventure comedy. (2008, U, 96min) ★★★
4.20 **FILM Jackie Chan's The Medallion** Action comedy with Jackie Chan. (2003, PG, 88min) ★
6.10 **FILM Godzilla** Monster movie starring Matthew Broderick. (1998, PG, 139min) ★★★
9.00 **FILM Total Recall** Sci-fi thriller remake starring Colin Farrell. (2012, 12, 113min) ★★★
11.25 **Murder 360**
1.30 AM **The Resident** New episode 23/23. (S5) **2.25** NEW SERIES 1/13. Medical drama. (S6)
3.15 **to 4.00** AM **GPs: Behind Closed Doors**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Highway Patrol**
9.40 **MacGyver** 16-20/21. (S1)
2.35 PM **Motorway Cops: Catching Britain's Speeders** Double bill.
4.30 **FILM Lust for Gold** Western adventure starring Glenn Ford and Ida Lupino. (1949, b/w, PG, 90min) ★★
6.25 **FILM Gunfight at the OK Corral** Western starring Burt Lancaster and Kirk Douglas. (1956, PG, 122min) ★★★★
9.00 **FILM The Quick and the Dead** Western starring Sharon Stone as a mysterious gunslinger who enters a gunfighting contest in a lawless town ruled by her deadly enemy. (1995, 15, 108min) ★★★
11.15 **Police Interceptors**
12.15 AM **Motorway: Hell on the Highway**
2.15 **to 4.00** AM **Fights, Camera, Action!**

U&W

132/133 131/133 125 25 156 28

6.10 AM **The Bill**
11.00 **Tipping Point**
3.00 PM **Nurses on the Ward**
7.00 **Nurses on the Ward** Renee supports a young woman with anorexia. **8.00** Caroline treats stroke patient Maureen.
9.00 **Inside the Ambulance at Christmas** Boxing Day arrives, and paramedics Deena and Mike race to a 71-year-old man with chest pains.
10.00 **Stacey Dooley: Inside Spain's Narco Wars** Stacey finds out how Spain has become the main gateway for drugs into Europe.
11.00 **Louis Theroux: Life on the Edge** Double bill.
1.00 AM **Preaching Evil: A Wife on the Run with Warren Jeffs**
2.00 **to 3.00** AM **Sort Your Life Out with Stacey Solomon**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.15 AM **Birds of a Feather**
8.25 **Bergerac**
9.40 **Lovejoy**
12.00 NOON **Signora Volpe**
2.00 PM **Call the Midwife**
3.20 **Father Brown**
4.20 **Whitstable Pearl**
5.20 **The Upper Hand**
7.00 **The Brokenwood Mysteries** *Fall from Grace:* 1/4. Kristin, Breen and Gina witness a fatal skydiving accident while celebrating Mike's birthday. (S4)
9.00 **The Count of Monte Cristo** New episode 5/8. Edmond discovers Danglars' success is due to illicit access to information and puts him in financial jeopardy. (S1)
■ Entire series on U
10.10 **Judge John Deed**
12.10 AM **Call the Midwife**
1.30 **The Heart Guy**
2.25 **to 4.00** AM **The Brokenwood Mysteries**

+1 hr 243 316 60 260

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** In East Sussex.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Celebrity Yorkshire Auction House**
12.00 NOON **The Yorkshire Auction House**
1.00 PM **Antiques Road Trip**
6.00 **The Hotel Inspector**
8.00 **Saving Lives at Sea** A boat catches fire on Eastbourne harbour.
9.00 **The Yorkshire Auction House** Angus Ashworth is excited about clearing out a historic property. **10.00** Angus helps a family find a home for a collection of motorbikes. **11.00** A man hopes to raise enough money to adapt a house for his ill wife's needs.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
8.00 **Pointless Celebrities**
9.00 **Bruce's Price Is Right**
10.00 **Bruce Forsyth's Generation Game**
11.20 **All Star Family Fortunes** Nicola Stapleton and Johnny Vegas compete.
12.00 NOON **Dickinson's Real Deal** From Peterborough.
1.00 PM **Strike It Lucky**
3.00 **Bullseye** Double bill.
4.00 **The Chase Celebrity Special** Double bill.
6.00 **The Chase** Triple bill of the quiz show hosted by Bradley Walsh.
9.00 **The Chase Celebrity Special** Christian O'Connell, Carrie Grant, Naomi Wilkinson and Dave Johns take part.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Ten editions of the darts-based quiz.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action

323 319 426 42 33

8.10 AM **FILM Operation Cross Eagles** War drama. (1969, 12, 90min) ★★
10.00 **Tombstone Territory**
12.00 NOON **FILM Seven Men from Now** Western. (1956, U, 77min) ★★★
1.45 PM **FILM The Unforgiven** Western drama. (1960, PG, 125min) ★★★
4.20 **FILM Barquero** Western. (1969, PG, 114min) ★
6.45 **FILM The Magnificent Seven Ride!** Western adventure sequel. (1972, PG, 100min) ★★★
9.00 **FILM The Three Burials of Melquiades Estrada** Offbeat Western starring Tommy Lee Jones. (2005, 15, 116min) ★★★
11.30 **FILM Punisher War Zone** Action thriller with Ray Stevenson. (2008, 18, 103min) ★★★
1.40 AM **FILM Hours** Thriller. (2013, 12, 93min) ★★
3.50 **to 5.00** AM **Cops Uncut**

+1 hour 324

GREAT! movies

321 318 425 50 48

7.00 AM **Air Rescue**
8.00 **Sue Thomas: F.B.Eye**
1.00 PM **FILM An Emma Fielding Mystery: More Bitter Than Death** Drama. (2019, PG) ★★
2.55 **FILM A Sandra Brown Mystery: White Hot** Drama. (2016, PG) ★★
4.50 **FILM Mary Higgins Clark: For Better and for Worse** (1992) ★★
7.05 **FILM An Aurora Teagarden Mystery: Real Murders** Drama. (2015, PG, 90min) ★★
9.00 **FILM Murder 101: If Wishes Were Horses** Drama. (2007, PG) ★★
10.55 **FILM The Lease** Thriller. (2017, PG, 97min) ★★
1.00 AM **FILM The Killer Downstairs** Thriller. (2019, 12, 90min) ★
3.00 **Coast Guard Alaska**
4.00 **to 6.00** AM **FILM Dying for the Crown** Thriller. (2018, PG, 89min) ★★

+1 hour 322

GREAT! romance

319 317 424 52 47

8.00 AM **FILM Romance Retreat** Comedy. (2019, PG, 90min) ★★
10.00 **FILM Love, Alaska** Comedy. (2019, PG) ★★
12.00 NOON **FILM A Winter Princess** Romance. (2019, PG, 82min) ★★
2.00 PM **FILM Butlers in Love** Romantic comedy. (2022, PG, 89min) ★★
4.05 **FILM Royally Ever After** Romantic comedy. (2018, PG, 90min) ★★
5.55 **FILM Once Upon a Holiday** Romantic drama. (2015, PG, 85min) ★★
8.00 **FILM A Royal Runaway Romance** Comedy. (2022, PG, 84min) ★★
9.55 **FILM A Midnight Kiss** Drama. (2018, PG) ★★
11.50 **FILM Anything for Love** Romantic comedy. (2016, PG, 84min) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Butlers in Love** (2022)

+1 hour 320

Rewind TV

182 81 141

6.00 AM **I Dream of Jeannie**
7.00 **The Monkees** (S1)
8.00 **A Sharp Intake of...**
9.30 **Jokers Wild**
10.00 **Please Sir!** 11-13/13. (S2)
11.30 **Jokers Wild**
12.00 NOON **That's My Dog**
12.30 PM **In Loving Memory**
1.30 **FILM Man of the...**
3.15 **Britannia**
4.00 **Bubblegum & Cheese**
5.00 **Jokers Wild**
5.30 **A Sharp Intake of...**
6.00 **We Had One of Those**
6.10 **A Sharp Intake of Breath** 4&5/6. (S2)
7.10 **Please Sir!** 11-13/13. (S2)
8.40 **In Loving Memory** (S5)
9.40 **Police Woman** (S1)
10.40 **Stereo Underground**
11.40 **FILM Man of the Moment** (1955, U) ★★★
1.25 AM **Jokers Wild**
2.55 **Cut Price Comedy Show**
3.55 **Mysterious Tales**
4.00 **Stereo Underground**
5.00 **to 6.00** AM **Bubblegum & Cheese**

DMAX

159 152 169 39 147 35

6.00 AM **Deadliest Catch**
10.00 **Outback Opal Hunters**
1.00 PM **Outback Crystal Hunters** Double bill.
3.00 **Gem Hunters Down Under** Three groups of sapphire hunters encounter big problems.
4.00 **Aussie Gold Hunters**
7.00 **Hoarding: Buried Alive** A woman whose hoarding has broken up her marriage seeks help. **8.00** A woman must clean up her home or risk losing everything.
9.00 **The Bad Skin Clinic** A woman whose thick skin on her feet is preventing her walking. **10.00** Dr Emma Craythorne helps a woman who has a large lipoma on her side.
11.00 **Body Bizarre**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Barefoot Contessa: Back to Basics**
12.00 NOON **Classic Mary Berry** Double bill.
1.00 PM **James Martin: Sweet**
3.00 **Rick Stein's Seafood Lovers' Guide**
7.00 **Jamie's Easy Meals for Every Day** Double bill.
8.00 **Diners, Drive-Ins and Dives** Guy Fieri visits a Mexican-Salvadoran restaurant in Washington. **9.00** Guy digs into a truck that dishes out pulled pork in Baltimore. **9.30** Guy's checks out an Italian place cooking veal in Key Largo, Florida.
10.00 **Cutthroat Kitchen: Knives Out** New edition The chefs must create a French entrée and side with frozen ingredients.
11.00 PM **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

7.00 AM **FILM First Man Into Space** Sci-fi chiller. (1959, PG, 77min) ★★
8.30 **Charlie's Angels** (S1)
2.00 PM **FILM Posse** Western starring Kirk Douglas. (1975, 15, 94min) ★★
3.55 **FILM The Sting** Period crime comedy starring Paul Newman. (1973, PG, 129min) ★★★★★
6.25 **FILM Ride in the Whirlwind** Western starring Jack Nicholson. (1966, PG, 83min) ★★
8.00 **The Twilight Zone** (S1)
9.00 **FILM 12 Rounds** Action thriller with John Cena. (2009, 12, 103min) ★★
11.10 **FILM Vendetta** Action thriller starring Danny Dyer and Vincent Regan. (2013, 18, 106min) ★★
1.15 AM **FILM Mojave** Thriller starring Oscar Isaac. (2015, 15, 91min) ★★★
3.05 **to 4.50** AM **FILM The Butterfly Room** Thriller. (2012, 15, 87min) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM Sherlock Holmes** Murder mystery. (2010, 12, 89min) ★★
8.00 **FILM 2021: War of the Worlds** Sci-fi thriller. (2021, 12, 78min) ★★
10.00 **FILM Coward of the County** Drama. (1981, PG, 104min) ★★
12.00 NOON **FILM Monster Island** Sci-fi thriller. (2019, PG, 90min) ★★
2.00 PM **FILM Battle Star Wars** Sci-fi drama starring Alyson Gorske. (2020, 12, 86min) ★
4.00 **Andromeda** (S1)
9.00 **FILM Deepwater Horizon** Action drama starring Mark Wahlberg and Kurt Russell. (2016, 12, 105min) ★★★★
11.10 **FILM Hot Seat** Thriller starring Mel Gibson. (2022, 15, 99min) ★★
1.10 **to 3.00** AM **FILM Horror Hospital** Thriller. (1973, 18, 91min) ★

+1 hour 318 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Container Wars**
8.00 **Pawn Stars**
10.00 **Strange Evidence**
12.00 NOON **World's Most Unexplained...**
2.00 PM **Cursed Histories**
4.00 **Alien Files: Unsealed**
7.00 **Ancient Aliens** Origins of the gods of Greece.
8.00 **Close Encounters Down Under** A visit to the land beyond the coastal fringe.
9.00 NEW SERIES **Alexander the Great** 1/2. Alexander III's childhood and youth. **10.00** Series finale 2/2. Alexander III's expansion of the Macedonian Empire and the impact of his conquests on the world.
11.00 **Weird or What? With William Shatner**
1.00 AM **Conspiracy Files: Unsealed** Four editions.
3.00 **to 6.00** AM **Hardcore Pawn**

5SELECT

153 166 138 46 133 30

9.00 AM **The Wonderful World of Chocolate**
9.30 **All Creatures Great and Small** 5&6/7. (S3)
11.40 **Murder, She Wrote**
4.55 PM **Digging Up Britain's Past**
7.00 **The Pacific War in Colour** Accounts of combat in the Pacific during World War Two. **8.00** The Allies' success in Guadalcanal, the Coral Sea and at Midway.
9.00 **Monty: Our WW2 Hero** A profile of Field Marshal Bernard Law Montgomery.
10.30 **D-Day Remembered: Minute by Minute** The events of 6 June 1944.
12.00 M'T **Drain the Oceans** The Alamo, America's most famous siege.
1.05 AM **Sunken Warships: Secrets from the Deep**
2.05 **Forged in Fire**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **A Place in the Sun**
11.00 **My Lottery Dream Home** Eight editions.
3.00 PM **Escape to the Country** Four editions.
7.00 **Escape to the Country** City-dwelling families, couples and individuals set out to find their ideal rural retreats.
8.00 **My Dream Derelict Home in the Sun** Scarlette Douglas meets Birmingham couple Toni and Russell as they rebuild an abandoned bungalow in Majorca to create their dream home.
9.00 **My Dream Derelict Home** Nick and Tamsin struggle to restore a Victorian semi on a budget of £40,000.
10.00 **Escape to the Country** Triple bill following people searching for their ideal rural retreats.
1.00 **to 4.00** AM **Home Town**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Curvy Brides Boutique** Reality series.
8.00 **Say Yes to the Dress**
10.00 **Outdaughtered: Busby Quints** Double bill.
12.00 NOON **Extreme Couponing** Double bill.
1.00 PM **My 600lb Life**
5.00 **The Family Chantel**
6.00 **Say Yes to the Dress: Atlanta** Double bill.
7.00 **Too Large** At 708lbs, Jessica is battling a host of serious illnesses, and an emergency hospitalisation throws her weight loss off track.
8.00 **Dr Pimple Popper** Four editions, including at: **11.00** Corey is a drag queen and has a bump dangling from his rear.
12.00 M'T **I Was Bitten**
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **Curvy Brides Boutique**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Blockbusters**
10.30 **Blockbusters: BGT Special** Quiz show.
11.00 **Michael McIntyre's Big Show** As 8.00pm.
12.00 NOON **Friends** (S10)
7.00 PM **Friends** 17&18/18. Last-ever episode. (S10)
8.00 **Michael McIntyre's Big Show** With Little Mix and Holly Willoughby.
9.00 **FILM White Chicks** Comedy starring Shawn and Marlon Wayans. (2004, 15, 109min) ★
11.10 **FILM Nurse Betty** Black comedy starring Renée Zellweger. (1999, 18, 110min) ★★★★
1.25 AM **South Park** (S7)
1.55 **Jack Whitehall Live**
2.55 **CC Live: Stand Up Shorts** With Daniel Foxx.
3.25 **Whose Line Is It Anyway? USA**
4.15 **to 5.00** AM **Joel & Nish vs the World**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Everybody Loves Raymond** 1&2/25. (S7)
7.00 **Teleshopping**
9.00 **Friends** 17&18/18. (S10)
10.00 **Everybody Loves Raymond** 3-10/25. (S7)
2.00 PM **The Best of Mr Bean**
3.00 **Mr Bean** 5-9/14. (S1)
5.30 **Everybody Loves Raymond** 16/25. (S7)
6.00 **Mr Bean** 11-14/14. (S1)
8.00 **Friends** 1/24. The first-ever episode. **8.30** 2/24. Carol tells Ross about her plans for their baby. **9.00** 3/24. Monica shows off her new boyfriend. **9.30** 4/24. The girls spy on a neighbour. **10.00** 5/24. Phoebe and Chandler both break up with their partners. (S1)
10.30 **Friends** 6-12/24. (S1)
2.00 AM **Impractical Jokers**
3.00 **Broad City** (S4&5)
5.05 **Beavis and Butt-Head**
5.15 **to 6.00** AM **Everybody Loves Raymond**

Sky Replay

152 160 156

7.00 AM **Four Weddings**
9.00 **Road Wars**
11.00 **Highway Cops**
2.00 PM **Motorway Patrol**
4.00 **Blood & Treasure** (S2)
6.00 **Hold the Front Page**
8.00 **SEAL Team** *Tip of the Spear:* 1/22. First episode of the action drama starring David Boreanaz. **9.00** *Other Lives:* 2/22. The unit are sent to Syria to collect evidence from a bioweapons factory. **10.00** *Boarding Party:* 3/22. A research ship is hijacked in the South China Sea. **11.00** *Ghosts of Christmas Future:* 4/22. The bodyguard of the team's target recognises Jason. (S1)
12.00 M'T **SEAL Team** (S1)
2.00 **A League of Their Own Road Trip: Dingle to Dover** Double bill.
4.00 **to 6.00** AM **Four Weddings**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **16 and Pregnant**
7.15 **Teen Mom OG**
11.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Triple bill.
4.00 **Catfish: The Dramatic**
5.00 **Catfish: The TV Show**
6.00 **Catfish: On the Run**
7.00 **Catfish: The TV Show** A man who had a string of bad luck with women has suspicions about his new 'dream girl'. **8.00** A woman seeks to learn what her missing beau has been up to.
9.00 **Ink Master Redemption** Ashley Velazquez and Tim Lees return. **9.30** Tatu Baby seeks out her unhappy Canvases.
10.00 **Geordie Shore: The Reunion Series**
1.00 AM **Lindsay Lohan's Beach Club** Double bill.
2.50 **to 4.00** AM **Catfish: The TV Show**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Alaska: Homestead Rescue** Triple bill of editions.
12.00 NOON **Naked and Afraid** A series legend joins two new survivalists in Kentucky. **2.00** PM An athlete and a risk-averse survivalist face 21 days in the Philippine jungle. **3.00** A Canadian farmer and a US military veteran take on the Philippine jungle. **4.00** A bachelor and a divorced woman endure 14 days on a remote island.
6.00 **Deadliest Catch** A knife injury on deck leaves Sig scrambling.

12.00 Naked and Afraid

7.00 **Gold Divers** Part one of two. The fleet scramble to make up for a week of lost mining in innovative ways.
8.00 **Gold Divers** Part two of two. A big risk brings a big reward for one captain.
9.00 **In the Eye of the Storm** A rare derecho superstorm blasts through the Midwest in 2020.
10.00 **Marooned with Ed Stafford** The survivalist heads to Mongolia's Gobi Desert, where he goes five days without a solid meal.
11.00 **Expedition Bigfoot** Tree structures lead Mireya and Biko to a water source.
12.00 M'T **Deadliest Catch** As winter hits the fleet, the Coast Guard responds to a Mayday call.
2.00 AM **Deadliest Catch**
4.00 **to 5.00** AM **How Do They Do It?**

+1hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Insane Pools: Deeper Dive**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **Insane Pools: Deeper Dive** Lucas Congdon creates a military couple's dream pool. **4.00** Transforming a backyard into a waterpark wonderland.
5.00 **Treehouse Masters** A double-decker hideout.
6.00 **Saved by the Barn** Dwight the cow is taken to Indiana to undergo hydrotherapy.

8.00 Extinct or Alive

7.00 **How Do Animals Do That?** How an incredible snake learnt to fly. **7.30** The story behind a flamingo's colour.
8.00 **Extinct or Alive** Forrest Galante sets off on a dangerous, shark-infested search for the Caribbean monk seal.
9.00 **The Zoo** A sea lion falls ill after eating a foreign object, while endangered snakes are coupled for breeding.
10.00 **Tanked** The team complete a 20ft tank for a Las Vegas amusement park, including a replica of the lost city of Atlantis.
11.00 **Alaska: The Last Frontier**
12.00 M'T **Predators Up Close with Joel Lambert** Double bill.
2.00 AM **Mountain Monsters** Trapper gives the hunters a new clue in their search for the Cherokee Devil.
3.00 **Extinct or Alive**
4.00 **to 5.00** AM **The Zoo**

+1hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Plane Crash Recreated**
10.00 **Inside Airport Lost & Found**
11.00 **Air Crash Investigation**
1.00 PM **Erased: WWII Heroes of Colour** Documentary.
2.00 **Hitler's American Battleground** Double bill.
4.00 **Lost Ships of WW2**
5.00 **Nazi Megastructures: Battle Ready** The importance of Panzers in Hitler's conquest of Poland and France.
6.00 **Hitler's Teen Killers** The teenage soldiers of Hitler's 12th SS Panzer Division.

7.00 Construction Falls

7.00 **Construction Fails** Two gantry cranes bump into each other, and earthquake-proof buildings fall down in Turkey.
8.00 **Car S.O.S** Tim Shaw and Fuzz Townshend travel to South Yorkshire to pick up a series first – a Ferguson TE20 tractor.
9.00 **Car S.O.S** Tim and Fuzz secretly fix up an Italian car enthusiast's rusty World Rally-winning pride and joy.
10.00 **Car S.O.S** Tim and Fuzz restore a 1968 Morris Traveller for a family whose dreams of working on it were beset by bad luck.
11.00 **Ice Road Rescue** Thord and Bjoern rescue a truck that threatens to tip, while Jo Roger looks to save a snow plough.
12.00 M'T **Air Crash Investigation** Triple bill of editions.
2.55 AM **Food Factory** Double bill.
3.45 **Abandoned** Double bill.
4.35 **to 5.00** AM **Money Meltdown**

+1hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
8.00 **Weird Britain: UFO Special**
9.00 **Death Coast** Documentary.
10.00 **The Great British Dig: History in Your Back Garden**
2.00 PM **Pawn Stars** Six editions of the series, including at: **4.30** A drive to LA promises Rick Harrison a peek at Babe Ruth's 'called shot' bat.
5.00 **Ancient Superstructures** The story of the Sphinx.
6.00 **Weird Britain: UFO Special** Andy McGrath sets out on a journey into British Ufology.

9.00 Alien Files Reopened

7.00 **Craig Charles: UFO Conspiracies** A 2016 incident in south Wales involving a vast triangular UFO and the RAF.
8.00 **Craig Charles: UFO Conspiracies** A case in 2018 off the west coast of Ireland, in which multiple pilots saw bizarre lights.
9.00 **Alien Files Reopened** The story of an incident in 1952 across the skies above Washington National Airport.
10.00 **Alien Files Reopened** A military man claims to have encountered an alien race at Nellis Air Force base in Nevada.
11.00 **Mafia: Most Wanted** The Mafia's power in Canada becomes clearer with the identification of seven primary mob families, as blood spills on the streets of Canada and Italy.
12.00 M'T **History's Greatest Mysteries** The most mysterious of the Dead Sea Scrolls.
1.00 AM **Forged in Fire**
3.00 **to 6.00** AM **Pawn Stars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **American Pickers**
10.00 **Bangers & Cash**
11.00 **Find It, Fix It, Flog It**
1.00 PM **'Allo 'Allo!** Triple bill.
3.00 **FILM The Fourth Protocol** Cold War spy thriller based on the novel by Frederick Forsyth, starring Michael Caine and Pierce Brosnan. (1987, 15, 119min) ★★★
5.30 **'Allo 'Allo!** British troops save Edith and Rene from execution.
6.05 **Bangers & Cash** Derek inspects a brace of old police cars, including a Rover P6.

3.00 The Fourth Protocol

7.05 **Bangers & Cash** Derek swaps the office for Ripon to pick up a 1965 Ford Anglia with just 33,000 miles on the clock.
8.05 **Bangers & Cash** Making Dave go weak at the knees is a very rare 1980s hot hatch – a Citroën Visa GT Tonic.
9.05 **Bangers & Cash** Paul heads to Co Durham to pick up a 1936 Singer Le Mans sports car and a 1957 Lambretta LD 150.
10.05 **Bangers & Cash** A Chevy Corvette that started its journey in Saudi Arabia makes its way to Thornton le Dale.
11.00 **Bangers & Cash** Dave gets a nasty surprise when he opens the bonnet of a fast Ford from the 1980s, and an Austin Heavy 12 nearly a century old sets off a bidding war at the auction.
12.00 M'T **to 3.00** AM **Great British Railway Journeys**

+1hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **British Superbikes**
7.00 **Ant Anstead: Born Mechanic** Eight editions.
3.00 PM **Mike Brewer: Born Dealer** Four editions.
7.00 **Cycling: Vuelta a España** Stage eight.
8.00 **Shed and Buried: Classic Cars** Henry and Fuzz rummage through two huge sheds of vintage military vehicles.
9.00 **Massive Engineering Mistakes** In Connecticut, tragedy strikes a construction site. **10.00** Catastrophe strikes in Minnesota.
11.00 **Gem Hunters Down Under** Three groups of sapphire hunters encounter big problems. **12.00** M'T The teams hunt down large gems.
1.00 AM **Ancient Unexplained Files**
3.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
8.00 **Say Yes... Lancashire**
9.00 **Say Yes... UK**
10.00 **Say Yes to the Dress**
11.00 **Curvy Brides Boutique**
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **Faking It: Tears of a Crime** Six editions.
9.00 **Murder on CCTV** New edition Detectives hunt a trail of CCTV to catch a military veteran's elusive killers.
10.00 **Crime Scene Investigators** New edition Shoeprints found at a crime scene lead officers to the killer.
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **Storm of Suspicion** A series of women vanish in Alaska.
7.00 **Bloodline Detectives** When mother Mary Davis is found dead, the case spans decades. **8.00** Serial rapes cause fear in North Carolina.
9.00 **Descent of a Serial Killer** The crimes of prolific serial killer Gerard Schaefer. **10.00** Investigating the crimes of Danny Rolling.
11.00 **Cold Justice** Focusing on the disappearance of a single mother. **12.00** M'T A young man discovers his father dead on his front steps. **1.00** AM The homicide of a young mother who was abducted.
2.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Evidence of Evil**
2.00 PM **Medical Detectives** How a cyanide poisoner almost got away with several murders. **2.30** Police uncover disturbing evidence about a woman's killer. **3.00** A teacher accused of sending hate mail. **3.30** The unsolved case of a murdered young woman from 1984. **4.00** Investigating the identity of a bomb victim. **4.30** A man is found hanging naked from a tree with 'FED' scrawled on his chest.
5.00 **Crimes That Shook Australia** The case of Robert Farquharson.
6.00 **Judge Judy** Real-life small-claims cases.
12.15 AM **Judge Judy**
2.00 **Teens Who Kill**
4.00 **48 Hours**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **The Force: Manchester**
8.00 **Highway Patrol**
9.00 **Road Wars**
10.00 **Brit Cops: Frontline Crime UK** Documentary.
11.00 **World's Most Evil Killers**
12.00 NOON **Murders at the Boarding House**
2.30 PM **Catching the Killer**
3.25 **Killer in My Village**
4.20 **What the Killer Did Next** Michael Ryan.
5.15 **Britain's Most Evil Killers**
6.10 **How I Caught the Killer**
7.05 **World's Most Evil Killers**
8.00 **Catching the Killer**
9.00 **The Suzy Lamplugh Mystery** 1&2/2.
11.00 **John Wayne Gacy: Devil in Disguise**
2.15 AM **The Real Manhunter**
3.10 **What the Killer Did Next** Michael Ryan.
4.05 **Road Wars**
5.00 **to 6.00** AM **Send in the Dogs**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Apocalypse: Stalin**
11.35 **The Anti-Soviet Fighters**
1.00 PM **Iron Curtain: Living Under Soviet Occupation** Triple bill.
4.50 **The Anti-Soviet Fighters**
6.00 **Apocalypse: Stalin** Charting the rise to power of Joseph Stalin. **7.10** The truth behind the self-proclaimed 'Man of Steel'. **8.20** A look at how Stalin became the most admired and feared man on the planet after leading the Red Army to Hitler's defeat.
9.30 **The Anti-Soviet Fighters** Lithuanian, Latvian and Estonian resistance against the Soviet Union.
10.40 **Mafia's Greatest Hits** Investigating the story of Meyer Lansky.
12.00 M'T **The Anti-Soviet Fighters** As 9.30pm.
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Ian McKellen**
7.00 **Discovering: Ed Harris**
8.00 **The Directors**
9.00 **A Choice of Weapons: Inspired By Gordon Parks**
10.50 **My Icon: Shaun Gayle**
11.00 **Enigma** Documentary.
1.00 PM **Elvis Presley: The Searcher** 1&2/2. Documentary about the life of the singer.
4.50 **Tony Hawk: Until the Wheels Fall Off** A definitive look at the skateboarder's life and career.
7.15 FILM **When We Were Kings** Oscar-winning documentary. (1996, PG, 87min) ★★★★★
9.00 NEW **I Am Joe Frazier** A profile of the former world heavyweight boxing champion.
10.45 **The Yogurt Shop Murders** 1/4. The story of the 1991 killing of four teenage girls in Texas. **12.00** M'T 2/4. Trauma continues to haunt the community and family members.
1.15 AM **Hijacked: Flight 73** The hijacking of Pan Am Flight 73.
3.15 **SIC: Prince of MotoGP**
5.00 **to 6.00** AM **The Directors**

Sky Nature

145 113/114 189 354 369

6.00 AM **Animals at Play**
8.00 **Planet Shark** Triple bill.
11.00 **Africa's Wild Roommates: How Animals Share Bed and Board**
12.00 NOON **Deep Dive North America** With Lizzie Daly.
1.00 PM **Animals Decoded**
3.00 **Secret Life of the Tasmanian Devil** Double bill of editions.
5.00 **Micro Monsters with David Attenborough** Six editions.
8.00 **Battle of the Alphas** The struggle for dominance in the natural world, beginning in Madagascar, where fighting creatures include a lemur mum. **8.30** The conflicts between the animals of Australia.
9.00 **Attack and Defend** How predators have evolved formidable means of surviving. **9.30** The razor-sharp talons that help birds of prey.
10.00 **Gladiators** Double bill.
12.00 M'T **Battle of the Alphas**
1.00 AM **Attack and Defend**
2.00 NEW SERIES **Coral City**
3.00 **to 6.00** AM **Hope for Wildlife: The Next Generation**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
9.00 **Ancient Skies**
10.00 **Secrets in the Sand**
11.00 **Ancient Aliens** Double bill.
1.00 PM **How Disney Built America**
2.00 **Secrets in the Ice**
3.00 **Deadman's Curse**
4.00 **What on Earth?**
5.00 **Britain's Most Historic Towns**
6.00 **Craig Charles: UFO Conspiracies**
7.00 **Digging for Britain** The best archaeological discoveries of 2018 from the east of the UK.
8.00 **Digging for Britain: Iron Age Revealed** Alice Roberts follows archaeologists as they unearth a Yorkshire chariot burial.
9.00 **Mission Unexplained** Reports of odd phenomena.
10.00 **Deadman's Curse**
11.00 **Greatest Prison Escapes with Billy Hayes** Documentary.
12.00 M'T **Ancient Aliens**
3.00 AM **Inside the Tower of London** Documentary.
4.00 **Sex: A Bonkers History**
5.00 **to 6.00** AM **Greatest Prison Escapes with Billy Hayes**

Crime+Investigation

156 142 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
8.55 **Court Cam** Six editions.
11.45 **Hometown Tragedy**
1.05 PM **Meet, Marry, Murder**
3.00 **#Textmewhenyougethome**
4.00 **Cold Case Files**
5.00 **Accident, Suicide or Murder?**
8.00 **Lie Detector: Truth or Deception** Individuals suspected of serious crimes.
10.00 **Last Night Out** A couple return home to find someone hiding in their house with a crossbow.
11.00 **#Dead2Me** Kerry Woolley was recovering from the darkest period of her life but was brutally attacked by a new friend – Ian Bennett – who claimed he was trying to help.
12.00 M'T **Britain's Darkest Taboos**
2.00 AM NEW SERIES **Cold Case UK** Revisiting the files on investigations that went cold.
3.00 **#Textmewhenyougethome**
4.00 **to 6.00** AM **Meet, Marry, Murder**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Bizarre Animal Friends**
9.00 **Critter Fixers: Country Vets**
10.00 **Secrets of the Zoo: North Carolina** The zoo welcomes a timid new giraffe to the herd.
11.00 **The Incredible Dr Pol**
12.00 NOON **Yukon Vet**
2.00 PM **Wild Cats of India**
3.00 **Ice Road Rescue**
5.00 **Snakes in the City**
7.00 **Heartland Docs** Dr Ben and son Chase get crafty with a splint repair for a young calf.
8.00 **Secrets of the Zoo** The penguin colony gets annual exams, and the staff holds its collective breath as a rare pangolin pregnancy unfolds. **9.00** A beloved flamingo fights for his life, and the keepers scramble to keep up.
10.00 **Hunters of the Reef** A tropical reef may look peaceful, but in reality, it is a dog-eat-dog world.
11.00 **Snakes in the City**
12.00 M'T **Alaska: The Next Generation** Double bill.
2.00 AM **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: The Restorers** Triple bill of editions.
6.00 **How the Universe Works** The science behind the microcosmos. **7.00** New discoveries have revealed alien worlds that seem to defy the laws of physics. **8.00** New research suggests dead stars, known as white dwarfs, could be the key to understanding the universe.
9.00 **Coast Guard at War** The role of the Coast Guard in the Vietnam War, featuring contributions from members who served during the conflict.
10.00 **Concorde: The Final Flight** The story of the supersonic plane's last flight from New York to London in October 2003.
11.00 **The Krays: The Prison Years**
12.00 M'T **Apollo: The Forgotten Films** Unseen footage of the 1969 Moon landing.
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Inside the Vets**
1.00 PM **Inside the Vets**
5.00 **Inside the Vets** A bearded dragon is found to need an emergency procedure after straining to lay eggs. **6.00** A wild bird fights for its life, and a giant rabbit needs an ear operation. **7.00** A parrot's life hangs in the balance when an egg gets stuck, and a treasured family pet is losing its scales. **8.00** A beloved family cat fights for her life, and a bulldog struggles to breathe. **9.00** The team help a sugar glider who is in danger of going blind and attend to a very unwell hedgehog. **10.00** A chameleon loses its lust for life, a goat with smelly feet is in need of treatment, and a dental appointment for a degu takes a shocking turn.
11.00 **Inside the Vets** Six editions.
4.35 AM **Celebrity Mastermind**
5.05 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 141 166

8.00 AM **Married to Evil**
9.00 **Primal Instinct**
10.00 **The Lies That Bind**
12.00 NOON **Love Kills**
2.00 PM **No One Can Hear You Scream** Double bill.
4.00 **The Perfect Murder**
6.00 **The 1990s: The Deadliest Decade** Investigating the suspicious death of Lisa Carlson. **7.00** A look back at July 1996, when a bomb exploded during the Olympic Games in Atlanta.
8.00 **American Monster** The double lives of America's most terrifying killers and abductors.
9.00 **The Playboy Murders** A man from a Playmate's past becomes a prime murder suspect.
10.00 **Boris Johnson: A Faking It Special** Experts analyse the former Prime Minister's colourful past and complicated relationship with the truth.
11.00 **The Big Swindle**
12.00 M'T **Fatal Affairs**
2.00 AM **Broken Trust**
4.00 **to 6.00** AM **Murder Chose Me**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Garage Rehab**
10.00 **How It's Made: Dream Cars**
11.00 **G.A.S. Extreme Customs**
12.00 NOON **Bad Chad Customs**
5.00 PM **Kindig Customs** The crew work on a 1966 Corvette. **6.00** A client is finally happy with the shade of green Dave has concocted for his car. **7.00** A returning client returns with another classic – a 1965 Mustang Fastback.
8.00 **Massive Engineering Mistakes** In Kansas City, stormy weather brings down the roof of a state-of-the-art stadium. **9.00** In Canada, a tragedy strikes a busy shopping centre, and in Missouri, a massive dam collapses within minutes. **10.00** In Texas, an oil refinery explodes, and flooding in Iowa destroys a railroad crossing.
11.00 **Auto Trader** Edd gets under the bonnet of a Bristol Zagato worth more than £100,000.
11.30 **Wrecks to Riches** Triple bill.
1.00 **to 5.00** AM **Garage Rehab**

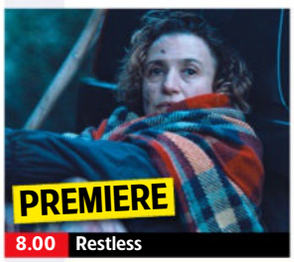
+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **The Room Next Door** Drama. (2024, 12) ★★★★
8.00 **Into the Wonderwoods**
9.30 **The Lord of the Rings: The War of the Rohirrim** (2024)
12.00 NOON PREMIERE **Restless**
1.40 PM **The Surfer** As 9.40pm.
3.35 **Sonic the Hedgehog 3** Fantasy adventure sequel. (2024, PG, 110min) ★★★
5.35 **Lord of the Rings: The War of the Rohirrim** Animation. (2024, 12, 134min) ★★★★



8.00 Restless

8.00 PREMIERE **Restless** Thriller starring Lyndsey Marshal. A middle-aged empty nester's mundane life is upended when raucous new neighbours move in next door. (2024, 15, 89min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **The Surfer** Thriller starring Nicolas Cage and Julian McMahon. A father returns to the beach of his childhood to surf, but is drawn into a conflict with local thugs. (2024, 15, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Saturday Night** Comedy drama starring Gabriel LaBelle. (2024, 15, 109min) ★★★★
1.25 AM **Night Call** French-Belgian crime thriller. Subtitled. (2024, 15, 97min) ★★★★
3.10 **September 5** Thriller. (2024, 15, 95min) ★★★★
4.50 **to 6.20** AM **Into the Wonderwoods** Animation. (2024, PG, 81min) ★★★

Sky Cinema Hits

303 303 403 503 517

6.55 AM **Cloudy with a Chance of Meatballs** (2009, U) ★★★★
8.30 **Antz** Animated comedy. (1998, PG, 83min) ★★★
10.05 **IF** Fantasy. (2024, U) ★★★
12.05 PM **Charlie's Angels: Full Throttle** (2003, 12) ★★
2.05 **300: Rise of an Empire** Fantasy. (2014, 15) ★★★
4.05 **The King's Speech** Drama. (2010, 12, 118min) ★★★★★
6.05 **Lost in Translation** Comedy drama. (2003, 15) ★★★★★

10.00 Django Unchained

8.00 **Beetlejuice Beetlejuice** Horror comedy sequel starring Michael Keaton. The mischievous demon is summoned once more when Delia Deetz returns to the close-knit community of Winter River. With Winona Ryder. (2024, 12, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Django Unchained** Quentin Tarantino's Oscar-winning Western starring Jamie Foxx, Christoph Waltz, Leonardo DiCaprio and Samuel L Jackson. (2012, 18, 165min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **Inferno** Thriller starring Tom Hanks and Felicity Jones. (2016, 12, 121min) ★★★
3.00 **Saturday Night Fever** Dance drama starring John Travolta. (1977, 18, 119min) ★★★★
5.10 **to 7.30** AM **Battleship** Sci-fi adventure with Taylor Kitsch. (2012, 12, 126min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.30 AM **The Bridge on the River Kwai** As shown at 1.50pm.
9.25 **Miranda's Victim** As 10.25pm.
11.45 **Breakfast at Tiffany's** Romantic comedy with Audrey Hepburn. (1961, PG, 106min) ★★★★★
1.50 PM **The Bridge on the River Kwai** World War Two drama. (1957, PG, 161min) ★★★★★
4.35 **L'immensità** Italian drama. Subtitled. (2022, 12, 99min) ★★

6.15 **A Mistake** Medical drama. (2024, 15, 101min) ★★★
8.00 **A Star Is Born** Drama starring Lady Gaga and Bradley Cooper, who also directed. A fading music star falls in love with a nightclub singer-songwriter. (2018, 15, 136min) ★★★★★
10.25 **Miranda's Victim** Drama starring Abigail Breslin. After a teenager is brutally attacked, she becomes committed to putting the culprit in prison. (2023, 15, 127min) ★★★

12.45 AM **The Good Half** Drama starring Nick Jonas and Brittany Snow. (2023, 15, 96min) ★★★
2.35 **Freud's Last Session** Drama. (2023, 12, 109min) ★★
4.35 **to 6.30** AM **Aporia** Sci-fi drama starring Judy Greer. (2023, 15, 104min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

8.05 AM **Star Trek II: The Wrath of Khan** Sci-fi adventure. (1982, 12, 113min) ★★★★
10.00 **Star Trek III: The Search for Spock** Sci-fi adventure. (1984, PG, 105min) ★★
11.50 **Star Trek IV: The Voyage Home** Adventure. (1986, PG) ★★★★
1.50 PM **Star Trek V: The Final Frontier** Sci-fi adventure. (1989, PG, 100min) ★★

3.40 **Star Trek VI: The Undiscovered Country** Sci-fi adventure. (1991, PG, 109min) ★★★★
5.35 **Star Trek: Generations** Sci-fi adventure with Patrick Stewart. (1994, PG, 118min) ★★★
7.35 **Star Trek: First Contact** Sci-fi adventure starring Brent Spiner. (1996, 12, 110min) ★★★★
9.30 **Star Trek: Insurrection** Sci-fi adventure with Patrick Stewart. (1998, PG, 105min) ★★★
11.20 **Star Trek: Nemesis** Adventure. (2002, 12, 116min) ★★★

1.20 AM **Star Trek Into Darkness** Sci-fi adventure starring Chris Pine. (2013, 12, 132min) ★★★★
3.35 **Star Trek Beyond** Sci-fi adventure starring Chris Pine. (2016, 12, 122min) ★★★★
5.40 **to 6.00** AM **The Cinema List: Star Trek**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Back to School

306 306 406 506 519

6.00 AM **Sky Cinema Preview**
7.00 **The Wild Thornberrys Movie** Animation. (2002, U) ★★★★
8.40 **Rugrats Go Wild** Animation. (2003, U, 81min) ★★★
10.15 **Matilda** (1996, PG) ★★★★
12.10 PM **Kung Fu Panda 4** Animation. (2023, PG) ★★★
2.00 **IF** Fantasy. (2024, U) ★★★
4.00 **Harold and the Purple Crayon** Adventure. (2024, PG) ★★★
5.45 **How to Train Your Dragon** Animation. (2010, PG) ★★★★

5.45 How to Train Your Dragon

7.35 **The Polar Express** Animated adventure starring Tom Hanks. A young boy who is growing sceptical about Santa Claus travels to the North Pole on board an extraordinary steam train. (2004, U, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

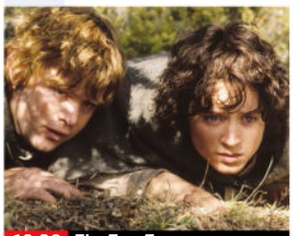
9.30 **Bookworm** Comedy adventure starring Elijah Wood and Nell Fisher. An 11-year-old girl's world is turned upside down when her estranged father takes her on a wild adventure. (2024, 12, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Finding Neverland** Drama. (2004, PG, 101min) ★★★★
1.10 AM **Harold and the Purple Crayon** As shown at 4.00pm.
2.45 **Scarygirl** Animated fantasy. (2023, PG, 90min) ★★★
4.20 **to 6.00** AM **Monster House** Animated horror adventure. (2006, PG, 91min) ★★★★

Sky Cinema Lord of the Rings

307 307 407 507 521

6.40 AM **The Lord of the Rings: The Return of the King**
10.00 **The Lord of the Rings: The Fellowship of the Ring**
1.00 PM **The Lord of the Rings: The Two Towers** As 10.20pm.
4.00 **The Lord of the Rings: The Return of the King** Epic fantasy adventure concluding Peter Jackson's trilogy based on JRR Tolkien's mythical saga. Stars Elijah Wood. (2003, 12, 201min) ★★★★★


10.20 The Two Towers

7.20 **The Lord of the Rings: Fellowship of the Ring** Peter Jackson's epic fantasy adventure based on the novel by JRR Tolkien. Stars Elijah Wood, Ian McKellen and Viggo Mortensen. (2001, 12, 178min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

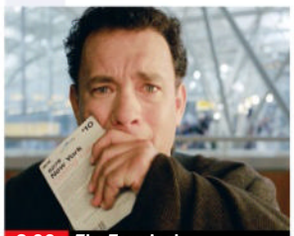
10.20 **The Lord of the Rings: The Two Towers** Epic fantasy adventure. As the power of the evil Sauron continues to grow, threatening to overwhelm Middle Earth, the fellowship of the ring dissolves. Stars Elijah Wood and Ian McKellen. (2002, 12, 179min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.20 AM **The Lord of the Rings: The Return of the King**
4.40 **to 7.40** AM **The Lord of the Rings: The Fellowship of the Ring** As shown at 7.20pm.

Sky Cinema Comedy

308 308 408 508 522

6.00 AM **Talladega Nights: The Ballad of Ricky Bobby** Comedy. (2006, 15) ★★★★
8.10 **The Terminal** As 8.00pm.
10.25 **Beverly Hills Cop** Comedy. (1984, 15, 105min) ★★★★
12.20 PM **Dumb and Dumber** Comedy. (1994, 12) ★★★
2.15 **Dumb and Dumber To** Comedy sequel. (2014, 15) ★★
4.15 **Nacho Libre** Comedy. (2006, 12, 92min) ★★★★
6.00 **Click** (2006, 12) ★★★★


8.00 The Terminal

8.00 **The Terminal** Steven Spielberg's comedy drama starring Tom Hanks as a traveller from Eastern Europe who becomes stranded in New York's JFK airport terminal by a coup back home. With Catherine Zeta-Jones. (2004, 12, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **The Nutty Professor** Comedy starring Eddie Murphy as a shy, obese college professor who is transformed into a slim, sharp-tongued ladykiller. (1996, 12, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Nutty Professor II: The Klumps** Comedy sequel. (2000, 12, 105min) ★★★
2.00 **Dumb and Dumber To** (2014)
3.55 **Blades of Glory** Comedy. (2007, 12, 93min) ★★★
5.35 **to 7.25** AM **First Wives Club** Comedy starring Goldie Hawn. (1996, PG, 102min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.30 AM **Paradise Highway** Thriller. (2022, 15) ★★★★
8.35 **Into the Deep** Thriller. (2022, 15, 90min) ★★★
10.15 **Jaws 2** Thriller sequel. (1978, PG, 115min) ★★★
12.25 PM **Barbarians** As 12.25am.
2.10 **Antebellum** Horror mystery. (2019, 15, 105min) ★★
4.10 **Now You See Me** Thriller. (2013, 12, 115min) ★★★
6.15 **The Surfer** Thriller. (2024, 15, 100min) ★★★★

10.00 True Romance

8.00 **Vanilla Sky** Romantic fantasy drama, a remake of the Spanish film *Open Your Eyes*, starring Tom Cruise and Penélope Cruz. A wealthy young man's charmed life takes a bizarre turn after he meets the girl of his dreams. With Cameron Diaz and Kurt Russell. (2001, 15, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **True Romance** Thriller starring Christian Slater and Patricia Arquette as a naive young couple on the run from mobsters pursuing a $5million stash of cocaine. (1993, 18, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Barbarians** Horror thriller. (2021, 15, 89min) ★★★
2.00 **Jaws 3** Adventure thriller sequel. (1983, 12, 99min) ★★
3.45 **The Royal Hotel** Thriller. (2023, 18, 91min) ★★★
5.30 **to 7.15** AM **Jaws 3** As 2.00am.

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Land That Time Forgot** (1974, PG) ★★★
12.50 PM **The Muppets Take Manhattan** Musical comedy. (1984, U, 94min) ★★★★
2.40 **The Call of the Wild** Adventure. (2020, PG) ★★★
4.35 **The Art of Racing in the Rain** Comedy drama. (2019, PG, 110min) ★★★
6.40 **The Day After Tomorrow** Thriller. (2004, 12) ★★★★

9.00 Titanic

The Day After Tomorrow (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Titanic** Director James Cameron's Oscar-winning drama starring Kate Winslet and Leonardo DiCaprio. A poor young artist and the rebellious daughter of a wealthy family meet and fall in love on board the doomed ocean liner as it makes its fateful maiden voyage. (1997, 12, 195min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 **to 3.40** AM **The Empty Man** Mystery horror thriller starring James Badge Dale and Marin Ireland. An ex-cop trailing a missing girl comes across a group attempting to summon a terrifying supernatural entity. With Sasha Frolova. (2020, 18, 140min) ★★★★

+1hour 314 430 47 301 257

8 PM **9 PM** **10 PM** **11 PM**

Sky Cinema 80s

302 302 402 502 516

6.00 AM **The Money Pit** As 1.45am.
7.35 **Weird Science** As 3.25am.
9.15 **Sixteen Candles** Teen comedy. (1984, 12, 89min) ★★★
10.55 **Grease 2** Musical sequel. (1982, PG, 109min) ★★
12.50 PM **Footloose** Dance drama. (1984, 12, 107min) ★★★
2.40 **Flashdance** Dance drama starring Jennifer Beals. (1983, 15, 96min) ★★★
4.20 **The Golden Child** Adventure. (1986, PG, 93min) ★★
5.55 **Parenthood** Comedy with Steve Martin and Mary Steenburgen. (1989, 15, 124min) ★★★★
8.00 **Brewster's Millions** Comedy starring Richard Pryor and John Candy. A baseball pitcher must spend $30million in 30 days to inherit an even bigger fortune. (1985, PG, 97min) ★★★
9.55 **48 Hrs** Action comedy starring Nick Nolte and Eddie Murphy. (1982, 15, 97min) ★★★★★
11.45 **Twins** Action comedy. (1988, PG, 107min) ★★★
1.45 AM **The Money Pit** Romantic comedy starring Tom Hanks. (1985, 15, 91min) ★★★
3.25 **Weird Science** Fantasy comedy. (1985, 12, 94min) ★★★
5.15 **to 7.05** AM **Brewster's Millions**

Sky Cinema Greats

304 304 404 504 518

6.35 AM **Vertigo** As 3.30pm.
8.55 **The Man Who Shot Liberty Valance** As shown at 5.20am.
11.10 **Shane** Western with Alan Ladd. (1953, PG, 118min) ★★★★★
1.15 PM **Last Action Hero** Fantasy starring Arnold Schwarzenegger. (1993, 15, 130min) ★★★
3.30 **Vertigo** Classic Hitchcock thriller starring James Stewart. (1958, PG, 128min) ★★★★★
5.45 **Gorillas in the Mist** Drama. (1988, 12, 124min) ★★★★
8.00 **The Great Gatsby** Romantic drama with Robert Redford. (1974, 12, 146min) ★★★
10.25 **Midnight Express** Alan Parker's prison drama starring Brad Davis as a young American sentenced to imprisonment in a Turkish jail. With John Hurt. (1978, 18, 120min) ★★★★
12.30 AM **'About Last Night...'** Comedy drama starring Rob Lowe. (1986, 18, 113min) ★
2.25 **The Truman Show** Comedy with Jim Carrey and Ed Harris. (1997, PG, 99min) ★★★★
4.20 **Sky Cinema Preview**
5.20 **to 7.40** AM **The Man Who Shot Liberty Valance** Vintage Western starring James Stewart. (1962, b/w, U, 122min) ★★★★★

Sky Cinema Animation

305 305 412 500 514

6.20 AM **Extinct** (2021, U) ★★★
7.50 **Turbo** (2013, U) ★★★★
9.35 **Cloudy with a Chance of Meatballs** (2009, U) ★★★★
11.15 **Cloudy with a Chance of Meatballs 2** Animated comedy sequel. (2013, U, 93min) ★★★
12.55 PM **Wallace & Gromit: The Curse of the Were-Rabbit** Animated comedy adventure. (2005, U, 85min) ★★★★★
2.30 **Over the Hedge** Animation. (2006, U, 83min) ★★★★
4.00 **Madagascar: Escape 2 Africa** Animated adventure sequel. (2008, PG, 89min) ★★★
5.35 **Hotel Transylvania** Animation. (2012, U, 91min) ★★★★
7.15 **Rugrats Go Wild** Animated family comedy adventure. (2003, U, 81min) ★★★
8.45 **The Nut Job** Animated comedy. (2014, U, 85min) ★★★
10.20 **The Prince of Egypt** Animated drama. (1998, U, 99min) ★★★★
12.05 AM **The Sloth Lane** Animation. (2024, PG, 90min) ★★★
1.40 **Curious George** Animation. (2006, U, 87min) ★★★★
3.15 **Boonie Bears: Guardian Code** Animation. (2023, PG) ★★★
4.55 **to 6.30** AM **The Inseparables** Animation. (2023, U) ★★★

Movies 24

312 313 419

7.00 AM **Scented with Love** Drama. (2022, PG, 83min) ★★
9.00 **A Whitewater Romance** Drama. (2024, U, 84min) ★★
11.00 **Autumn at Apple Hill** Comedy. (2024, PG, 84min) ★★
1.00 PM **Mystery Island: Play for Keeps** Crime drama. (2025, PG, 90min) ★★
3.00 **Our Take on Love** Romantic drama. (2022, PG, 87min) ★★
5.00 **Heart of the Manor** Romantic comedy. (2021, PG, 85min) ★★
7.00 **Love on Retreat** Drama starring Ansley Gordon and Jonathan Stoddard. A beauty brand employee falls for her boss's brother during a company retreat. (2023, PG, 85min) ★★
9.00 **Romantic Rewrite** Comedy starring Kristina Cole. A book editor who specialises in romance helps a mystery writer incorporate a love story into his book. (2022, PG, 82min) ★★
11.00 **Styled with Love** Romantic comedy. (2022, PG, 89min) ★★
1.00 AM **Journey to You** Romantic drama. (2025, PG, 84min) ★★
3.00 **to 5.00** AM **A Bridesmaid in Love** Comedy. (2022, PG) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Beau Geste** 6/8. (S1)
6.35 **Look at Life** Documentary.
6.45 **The Brain from Planet Arous** Adventure. (1957, b/w, PG) ★★
8.15 **About Bread** Short film.
8.25 **Space Patrol** 24/39. (S1)
9.00 **Batman** 32/60. (S2)
9.30 **Richard the Lionheart** (S1)
10.00 **Supercar** 23/26. (S1)
10.30 **Daylight Robbery** Comedy. (1964, b/w, U, 57min) ★★
11.30 **The Adventures of Robin Hood**
12.00 NOON **Women of the Prehistoric Planet** (1966) ★★
1.50 PM **One Step Beyond** (S2)
2.25 **Sherlock Holmes and the Secret Weapon** (1942, PG) ★★
3.45 **The Ship That Died of Shame** Drama. (1955, PG, 91min) ★★
5.45 **Witness in the Dark** Thriller. (1959, b/w, U, 62min) ★★
7.00 **Maigret** 11/13. (S1)
8.00 **A Family at War** 15/19. (S2)
9.00 **Night of the Demon** Chiller. (1957, b/w, PG, 91min) ★★★★
11.00 **Adventures of a Private Eye** Comedy. (1977, 18, 92min) ★
12.55 AM **Meantime** Mike Leigh's drama. (1983, 15, 90min) ★★★★
3.00 **Valentino** (1951, b/w, PG) ★
5.05 **A Lifetime Ago with the Baim Collection**
5.30 **to 6.00** AM **Out of Town**

Saturday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.30 **Fantasy Football Countdown**
10.00 **A Report on the F1 Rookies**
10.05 LIVE **Formula 1** The Dutch Grand Prix third practice session staged at Circuit Zandvoort.
11.30 LIVE **EFL Middlesbrough v Sheffield United.** The Championship match at Riverside Stadium. Kick-off **12.30pm**.
2.45 PM LIVE **Formula 1** The Dutch Grand Prix qualifying session.
4.00 **Gillette Labs Soccer Saturday**
5.00 LIVE **SNF Leeds United v Newcastle United.** Coverage of the Premier League match staged at Elland Road. Kick-off **5.30pm**.
8.30 LIVE **US Open Tennis** Coverage of day seven of the Grand Slam at the USTA Billie Jean King National Tennis Center in Flushing Meadows, New York.
2.30 AM LIVE **US Open Tennis** Concluding coverage of the seventh day of the Grand Slam staged at the USTA Billie Jean King National Tennis Center in Flushing Meadows, New York.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **Premier League Stories**
9.30 **Fantasy Football Countdown**
10.00 **Saturday Social**
11.00 **The Big Interview**
11.30 **Transfer 360** Robbie Fowler,
12.00 NOON **Gillette Soccer Saturday: Build-Up**
3.00 PM **Gillette Soccer Saturday**
5.00 LIVE **SNF Leeds United v Newcastle United.** Coverage of the Premier League match from Elland Road. The sides shared the spoils in a 2-2 draw here when Leeds were last in the top flight three seasons ago, but Newcastle are likely to go into this match as favourites after enjoying a strong 2024/25 season. Kick-off **5.30pm**.
8.30 **Game of the Day**
10.30 **Premier League Highlights** Sunderland v Brentford.
11.00 Tottenham v Bournemouth.
11.30 Wolves v Everton.
12.00 M'T Action from Leeds United v Newcastle United.
12.30 AM **Premier League Highlights**
3.30 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Highlights**
6.15 **Championship Retro**
9.00 **Old Firm Derby Best Goals**
9.30 **SPFL Greatest Games**
9.45 **EFL Highlights**
10.00 **Saturday Social**
11.00 LIVE **EFL Middlesbrough v Sheffield United.** Coverage of the Championship match from Riverside Stadium. Middlesbrough claimed a 1-0 win in last season's corresponding fixture, but the Blades avenged that defeat when they prevailed 3-1 at Bramall Lane. Kick-off is at **12.30pm**.
3.00 PM **Gillette Soccer Saturday**
5.00 **Gillette Soccer Saturday: Reaction** Post-match analysis.
5.20 LIVE **Bundesliga FC Augsburg v Bayern Munich.** Coverage of the German top-flight match at WWK ARENA. Kick-off **5.30pm**.
7.30 **EFL** Another chance to see Middlesbrough v Sheffield United.
9.30 **EFL Highlights** Championship.
10.00 **EFL Cup Highlights**
10.30 **EFL Highlights** Championship.
2.00 AM **EFL Greatest Games**
4.00 **EFL Cup** The 2021/22 final.
5.00 **Best Goals: EFL Cup 2021/22**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **The Hundred**
9.15 **The Hundred Bitesize**
10.00 **The Hundred** A replay of Welsh Fire Men v Trent Rockets Men.
1.30 PM **The Hundred Bitesize** Highlights from Southern Brave Women v Welsh Fire Women.
1.45 LIVE **The Hundred** Coverage of the women's eliminator match staged at the Kia Oval in London, as the second and third-placed teams contest a place in the final. Start-time is at **2.15pm**.
5.15 **The Hundred Bitesize**
5.30 LIVE **The Hundred** Coverage of the men's eliminator match at rhe Kia Oval in London, as the second and third-placed teams contest a place in the final. The match between Southern Brave and Birmingham Phoenix went right to the wire at this stage last year, with Brave edging through after winning the Super Five tie-breaker. Start-time **6.00pm**.
9.00 **The Hundred Bitesize**
10.00 **The Hundred** A match replay.
1.15 AM **The Hundred Bitesize**
2.00 **The Hundred** Men's eliminator.
5.30 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **DP World Tour Golf**
7.00 **PGA Tour Champions**
8.00 **LPGA Tour Golf**
11.00 **HotelPlanner Tour Golf**
11.30 LIVE **DP World Tour Golf** Coverage of the third day of the Omega European Masters.
4.30 PM **PGA Tour Champions**
5.30 **PGA Tour Golf** Event review.
6.30 **PGA Tour Champions**
7.00 **PGA Tour: The Cut**
7.30 **Countdown to the Ryder Cup**
8.00 LIVE **LPGA Tour Golf** Day three of the FM Championship.
11.00 **HotelPlanner Tour Golf**
11.30 **PGA Tour Champions**
12.00 M'T **Ryder Cup Memories**
1.00 AM **DP World Tour Golf**
2.00 **Nick Dougherty's Tee Time Tips**
3.00 **DP World Tour Golf**
4.00 **Ryder Cup Memories**
5.00 **to 6.00** AM **The Open Zone**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **WTA Tennis** Cincinnati Open.
6.30 **US Open Tennis** The sixth day.
1.00 PM **US Open Tennis**
3.30 LIVE **US Open Tennis** Day seven of the Grand Slam at the USTA Billie Jean King National Tennis Center, Flushing Meadows.
5.30 **to 6.00** AM **ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM LIVE **AFLW St Kilda v West Coast Eagles.** From RSEA Park. Bounce-up **6.05am**.
8.00 **La Vuelta Men** Stage seven.
9.00 **Premier League: Big Interview**
9.30 **Premier League Preview**
10.00 **The Fantasy Show**
10.30 **Premier League Stories**
11.00 LIVE **Premier League Chelsea v Fulham.** Coverage of the top-flight match at Stamford Bridge. Kick-off is at **12.30pm**.
3.00 PM **Xtra Time** Post-match.
3.15 LIVE **Cycling: La Vuelta Men** Stage eight of the Grand Tour race.
5.00 **CPL Highlights**
5.30 **Playing for Our Future: Rugby**
5.45 **Unbreakable: England 2003**
7.00 **TNT Sports Reload**
7.15 **In My Blood** Tottenham.
7.30 LIVE **Serie A Pisa v AS Roma.** The Italian top-flight match at Cetilar Arena. Kick-off **7.45pm**.
9.45 **TNT Sports Reload**
10.00 **Snooker Wuhan Open**
12.00 M'T LIVE **MLB Cleveland Guardians v Seattle Mariners.**
3.15 AM **MLB: Off the Bat**
3.45 **TNT Sports Reload**
4.00 **to 6.00** AM LIVE **AFLW Collingwood v Melbourne.**

TNT Sports 2

411 414 522 409 431

6.00 AM **Premier League Preview**
6.30 **The Fantasy Show**
7.00 LIVE **Snooker: Wuhan Open** The opening session of the final from Wuhan Gymnasium in China.
10.00 **British Superbikes Rewind**
10.15 LIVE **AFLW Western Bulldogs v Hawthorn.** From Mission Whitten Oval. Bounce-up **10.15am**.
12.15 PM **Crouchy and Cole**
12.30 LIVE **Snooker: Wuhan Open** Coverage of the second session of the final from Wuhan Gymnasium.
3.30 **MLB Highlights**
4.30 **True Grit** Speedway.
5.30 LIVE **FIM Speedway Grand Prix** Round nine of the season from Olympic Stadium in Wroclaw.
9.00 LIVE **MLB Boston Red Sox v Pittsburgh Pirates.** Coverage of the inter-league match staged at Fenway Park. Start-time **9.10pm**.
12.15 AM **TNT Sports Reload**
12.30 LIVE **NWSL Kansas City Current v North Carolina Courage.** Coverage from CPKC Stadium. Kick-off is at **12.30am**.
2.45 **Serie A** Pisa v AS Roma.
3.45 **Snooker Wuhan Open**
5.45 **to 6.00** AM **UEFA Champions League – Stories of the Finals**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **British and Irish Lions Tour**
8.00 LIVE **NPC Rugby Tasman v Otago.** Coverage of the match at Trafalgar Park. Kick-off **8.10am**.
9.55 **British and Irish Lions Tour**
10.00 **State of Origin Rugby League Highlights** Recent action.
10.30 **British and Irish Lions Tour**
10.35 LIVE **NRL North Queensland Cowboys v Brisbane Broncos.** Coverage of the match staged at Queensland Country Bank Stadium. Kick-off **10.35am**.
12.35 PM **State of Origin Rugby League Highlights**
12.50 **Lions Legends** Ian McGeechan.
1.05 **British and Irish Lions Tour**
4.00 **The Rugby Championship**
6.00 **Rugby Union Retro**
6.30 **British and Irish Lions Tour** Australia v British & Irish Lions.
7.30 **Rugby Union Retro**
7.45 **My Icon** Leon Pryce.
7.55 LIVE **Super League Catalans Dragons v Wigan Warriors.** Coverage of the match at Stade Gilbert Brutus. Kick-off **8.00pm**.
10.00 **British and Irish Lions Tour**
12.00 M'T **Super League**
2.05 **to 6.00** AM **Rugby League Retro**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.30 **Fantasy Football Countdown**
10.00 **Soccer Saturday Pre-Match**
11.00 **EFL Build-Up** Match previews.
12.25 PM LIVE **EFL Queens Park Rangers v Charlton Athletic.** Coverage of the Championship match from MATRADE Loftus Road Stadium. Kick-off **12.30pm**.
3.00 **Gillette Labs Soccer Saturday**
4.00 LIVE **US Open Tennis** Coverage of day seven of the Grand Slam staged at the USTA Billie Jean King National Tennis Center in Flushing Meadows, New York. The corresponding day last year featured fourth-round matches, and first up on Arthur Ashe Stadium the crowd were treated to a five-set thriller between sixth seed Andrey Rublev and ninth seed Grigor Dimitrov.
12.00 M'T LIVE **US Open Tennis** Further coverage of day seven of the Grand Slam at the USTA Billie Jean King National Tennis Center in New York, where the third round is scheduled to continue.
5.30 **to 6.00** AM **Sky Sports Catch Up**

Sky Sports Mix

416 412 510 429 449

6.00 AM **The Hundred Bitesize**
6.15 LIVE **NRLW St George Illawarra Dragons v New Zealand Warriors.** Kick-off **6.15am**.
8.00 **The Hundred Bitesize**
8.15 LIVE **NRLW North Queensland Cowboys v Sydney Roosters.**
10.00 **PGA Tour Champions**
11.00 **PGA Tour Golf**
12.00 NOON **WTA & ATP Tennis**
3.00 PM **The Hundred Bitesize**
3.30 LIVE **Indycar** Borchetta Bourbon Music City Grand Prix first practice.
4.30 **Indycar** The Milwaukee Mile 250.
5.30 **Formula 1** Hungarian Grand Prix.
6.30 **The Hundred Bitesize**
7.30 **WTA & ATP Tennis**
10.30 **Indycar** The Milwaukee Mile 250.
11.30 **The Hundred Bitesize**
12.00 M'T **PL Greatest Games**
1.00 AM **PDC Classics**
2.50 LIVE **NRLW Cronulla-Sutherland Sharks v Newcastle Knights.** Kick-off **2.50am**.
4.35 **My Icon** Leon McKenzie.
4.45 **to 6.30** AM LIVE **NRLW Brisbane Broncos v Canterbury-Bankstown Bulldogs.**

TNT Sports 3

413 415 523 410 432

5.45 AM LIVE **Triathlon World Tour** The fifth round of the season on the French Riviera.
11.30 LIVE **World Rally Championship** Rally del Paraguay special stages nine and 10.
1.30 PM LIVE **Cycling: La Vuelta Men** Stage eight of the Grand Tour race, a 163.5km route.
5.00 **Men's Cycling Pro Series**
6.00 **Ultimate Pool** Pairs Cup.
7.30 **MLB Highlights**
8.30 **MLB: Off the Bat**
9.00 **UCI Mountain Bike World Series** From Haute Savoie.
10.00 **La Vuelta Men** Stage eight.
11.00 **CPL Highlights**
11.30 LIVE **CPL Trinbago Knight Riders v Guyana Amazon Warriors.** The T20 game at Brian Lara Cricket Academy in Tarouba.
3.45 AM **TNT Sports Cricket Reload**
4.00 **Premier League: Big Interview**
4.30 **MotoGP Highlights**
5.30 **to 6.00** AM **MotoE Highlights**

TNT Sports 4

414 416 524 411 434

6.00 AM LIVE **AFLW Geelong Cats v Sydney Swans.** B-u **6.05am**.
8.00 LIVE **AFLW Port Adelaide v Gold Coast Suns.** B-u **8.05am**.
10.00 **Highlights**
10.45 LIVE **UCI Mountain Bike World Series** In Haute Savoie.
2.15 PM LIVE **World Rally Championship** From Paraguay.
3.15 **British Superbikes Rewind**
3.30 LIVE **World Rally Championship** From Paraguay.
5.00 **MLB Highlights**
6.00 LIVE **World Rally Championship** From Paraguay.
8.00 **CPL Highlights**
8.30 **Reframe the Game**
8.45 LIVE **World Rally Championship** From Paraguay.
10.15 **Fishing: On the Bank**
11.15 **Highlights**
1.30 AM LIVE **WNBA Golden State Valkyries v Washington Mystics.**
3.30 **to 6.00** AM **Highlights**

Premier Sports 1

419 551

6.00 AM **FIM Sidecarcross**
7.00 **Transworld Sport** Magazine.
8.00 **World Surf League**
9.00 **NASCAR Highlights**
10.00 **LaLiga Specials**
11.00 **LaLiga** Elche v Levante.
1.00 PM **LaLiga** Valencia v Getafe.
3.00 **Argentine Primera Highlights**
3.30 **World Surf League**
4.25 **Transworld Sport** Magazine.
5.25 **LaLiga Specials**
5.55 LIVE **LaLiga Real Oviedo v Real Sociedad.** Coverage of the match staged at Estadio Carlos Tartiere. Kick-off **6.00pm**.
8.00 **LaLiga Specials** The best saves from the 2024/25 season.
8.30 **World of FreeSports**
9.00 **LaLiga** Alavés v Atlético Madrid.
11.00 **Transworld Sport** Magazine.
12.00 M'T **Football's Greatest**
1.00 AM **LaLiga** A match replay.
3.00 **DTM Highlights**
4.00 **FIM Sidecarcross**
5.00 **to 6.00** AM **PSA Squash**

Premier Sports 2

420 552

6.00 AM **NASCAR Trucks**
9.00 **Temples of Sport**
10.00 **LaLiga** Real Oviedo v Real Madrid.
12.00 NOON **LaLiga Specials**
12.30 PM **Premier Sports Cup**
2.30 **Football's Greatest**
3.00 **Premier Sports Cup**
4.55 **Football's Greatest**
5.55 **LaLiga Specials**
6.25 LIVE **LaLiga Girona v Sevilla.** The Spanish top-flight match at Estadi Montilivi. Kick-off **6.30pm**.
8.30 **Football's Greatest**
9.00 **Bike World** Magazine.
9.30 **Football's Greatest**
10.00 **Eredivisie** A match replay.
12.00 M'T **LaLiga Match Highlights**
12.10 AM **LaLiga Specials**
12.25 **Temples of Sport**
12.55 LIVE **Brasileiro Serie A Cruzeiro v Sao Paulo.** Coverage from Governador Magalhaes Pinto Stadium. Kick-off **1.00am**.
3.00 **Football's Greatest**
4.00 **to 6.00** AM **LaLiga**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **F1 Features**
6.45 **Formula 1** Dutch Grand Prix.
8.00 **The F1 Show** Race preview.
9.00 **F1 Features**
9.20 LIVE **F1 Academy** The Dutch Grand Prix qualifying session.
10.05 LIVE **Formula 1** The Dutch Grand Prix third practice session staged at Circuit Zandvoort.
11.45 **F1 Features**
12.00 NOON **GB3 Championship**
1.00 PM LIVE **Formula 1** The Dutch Grand Prix qualifying session.
4.00 LIVE **F1 Academy** Coverage of the Dutch Grand Prix first race.
4.50 **Formula 1** Highlights.
7.00 LIVE **Indycar** Borchetta Bourbon Music City Grand Prix qualifying.
8.00 **Graham Hill: World Champion**
8.30 **F1 Academy Highlights**
9.30 **Indycar** Recent action.
10.30 LIVE **Indycar** Borchetta Bourbon Music City Grand Prix final practice.
11.30 **Formula 1** Dutch Grand Prix.
1.30 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sunday

31 August

Evening Planner

Sunday

Football

Premier League
Sky Sports, from 1pm
Back-to-back top-flight action, including Jarrod Bowen's West Ham with a point to prove as they face Nottingham Forest.

Documentary

Educating Yorkshire
C4, 8pm
Thornhill Community Academy in Dewsbury welcomes cameras back to capture Gen Alpha in the classrooms.

Drama

I Fought the Law
ITV1, 9pm (box set, ITVX)
Sheridan Smith stars in this fact-based drama as a grieving mother who fought for a change in the double jeopardy law.

Reality

The Inheritance
C4, 9pm
A group of 13 strangers fight over the fortune of a glamorous benefactor, with guidance from Robert Rinder.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.10 Parenthood †		8.10 Antiques Roadshow		9.10 King & Conqueror		10.00 News	10.30 Match of the...
	102 BBC2	◂ 5.30 Cricket: The Hundred – Live: The men's final (Start-time 6.00)				9.00 Murder Case: Who Killed Kiesha?		10.00 Film: Misery	
	103 ITV1	◂ 6.55 Cooking with the Stars		8.00 Beat the Chasers		9.00 I Fought the Law			10.15 Film: War for the Planet...
	104 CHANNEL 4	◂ 6.30 F1: Dutch Grand Prix Highlights		8.00 Educating Yorkshire		9.00 The Inheritance		10.05 The Jury Australia: Death on the...	
	105 5	7.00 Loyalty Cards: Are They Worth It?		8.00 22 Kids & Counting		9.00 Rich Holiday, Poor Holiday		10.00 Inside the Four Seasons: Park Lane	
	106 SKY SHOWCASE	◂ 6.00 Cricket: The Hundred – Live: The men's final (Start-time 6.00)				9.00 S.W.A.T.		10.00 The Sopranos	
ENTERTAINMENT	115 BBC3	7.05 Highway Rat	7.30 Zog	8.00 The Fast and the Farmer-ish		9.00 Stacey Dooley: Meet the...	9.45 RuPaul's...	10.05 Chloe Ayling: My Unbelievable...	
	116 BBC4	7.00 Around the World in 80 Gardens		8.00 Modern Classics at the Proms				10.00 Imagine: George Benjamin – What...	
	118 ITV2	◂ 6.25 Film: Stardust				9.00 The Only Way Is Essex		10.05 Family Guy	
	136 MORE4	◂ 6.50 Four in a Bed				9.00 999: On the Front Line		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons				9.00 Film: Venom: Let There Be Carnage			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Matlock		10.00 The Rookie	
	108 SKY ATLANTIC	◂ 6.45 Game of Thrones				9.00 True Detective			
	110 U&GOLD	◂ 6.35 Only Fools and Horses		8.00 Red Dwarf	8.40 Dad's Army		9.20 Mrs Brown's Boys		10.35 Vicar of...
	111 U&DAVE	7.00 Special Ops: To Catch a Criminal		8.00 Alison & Larry: Billericay to Barry		9.00 Have I Got a Bit More News for You		10.00 QI	10.40 Mock...
	119 ITV3	◂ 6.00 Midsomer Murders		8.00 Doc Martin				10.00 Vera	
	120 ITV4	7.10 Film: Jurassic Park III				9.00 Film: Snowpiercer			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Lee Evans: The Ultimate Experience			
	139 SKY SCI-FI	7.00 Star Trek: Deep Space Nine							
	113 SKY MAX	7.00 Grimm		8.00 An Idiot Abroad 2		9.00 S.W.A.T.		10.00 TV's Greatest Game Shows	
	109 U&ALIBI	7.00 Beyond Paradise		8.00 Death in Paradise				10.00 Father Brown	
	124 SKY ARTS	7.00 Classic Movies: The Story of The...		8.00 Close to You: Remembering the Carpenters			9.20 Both Sides Now: Joni Mitchell Live at the Isle of...		10.35 Carly...
	132 U&W	7.00 Inside the Ambulance				9.00 Inside the Operating Theatre		10.00 Stacey Dooley Sleeps Over	
DOCUMENTARY	125 DISCOVERY	7.00 Alaska: Homestead Rescue				9.00 Land Rush		10.00 Street Outlaws: Locals Only	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Little Giants		9.00 The Zoo		10.00 Tanked	
	129 NAT GEO	7.00 Genghis Khan: The Secret History of...		8.00 Lost Ships of WW2		9.00 Naming the Dead	9.50 Construction Fails		
	123 SKY HISTORY	7.00 Hitler's Secret Bomb				9.00 Royal Kill List			
	155 U&YESTERDAY	7.00 Wilderness with Simon Reeve		8.00 Bangers & Cash: Restoring Classics		9.00 Bangers & Cash		10.00 Bangers & Cash: Restoring Classics	
	121 SKY DOCS		7.15 I Am Johnny Cash			9.00 Bowie: The Man Who Changed the World			
FILMS – Sky Cinema	301 PREMIERE	◂ 5.45 The Lord of the Rings: The War of...		8.00 The Surfer			9.45 Restless		
	302 80s	◂ 6.15 See No Evil, Hear No Evil		8.00 Beverly Hills Cop			9.50 Roxanne		
	303 HITS	◂ 5.50 Madame Web		8.00 Inferno				10.05 The Truman Show	
	304 GREATS	◂ 6.15 Brewster's Millions		8.00 Grease			9.55 Grease 2		
	305 ANIMATION	◂ 5.45 Hotel...	7.20 Barnyard		8.55 Open Season				10.25 The Prince of Egypt
	306 BACK TO SCHOOL	◂ 5.45 Monster...	7.30 Harold and the Purple Crayon			9.15 Home			
	307 LORD OF THE RINGS	◂ 5.00 The Lord of the Rings: The Two...		8.00 The Lord of the Rings: The Return of the King					
	308 COMEDY	◂ 6.10 The Death of Stalin		8.00 HouseSitter			9.45 Anyone But You		
	309 THRILLER	◂ 6.00 Patriot Games		8.00 The Island					10.30 Battle Royale
	310 DRAMA	◂ 6.00 Freud's Last Session		8.00 The Danish Girl				10.15 Aporia	
	311 SCI-FI	◂ 5.45 Star Trek: Generations	7.45 Star Trek: First Contact				9.40 Star Trek: Insurrection		
	313 FILM4		7.10 The Old Man & the Gun			9.00 Flamin' Hot			
SPORT	401 MAIN EVENT	◂ 6.45 Super Sunday – Live: Aston Villa v Crystal Palace (Kick-off 7.00)					9.30 US Open Tennis – Live: Day eight of the Grand Slam		
	402 PREMIER LEAGUE	◂ 6.45 Super Sunday – Live: Aston Villa v Crystal Palace (Kick-off 7.00)					9.30 SNF	10.00 Premier League Highlights	
	403 FOOTBALL	7.00 SPFL				9.00 EFL Goals		10.00 SPFL Highlights	10.30 EFL Highlights
	405 CRICKET	◂ 5.30 The Hundred – Live: The men's final (Start-time 6.00)				9.00 The Hundred Bitesize		10.00 The Hundred	
	410 TNT SPORTS 1	◂ 6.30 Serie A	7.30 Serie A – Live: Inter Milan v Udinese (Kick-off 7.45)				9.45 The Boot Room Boys		
	411 TNT SPORTS 2	◂ 6.30 MLB – Live: New York Mets v Miami Marlins (Start-time 6.40)						10.00 Snooker Wuhan Open	

◂ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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Sunday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
8.40 **Match of the Day** (S)(R)
10.00 **Scotland's Sacred Islands with Ben Fogle** The Isle of Skye. (S)(R)
11.00 **Homes Under the Hammer** (S)(R)
12.00 NOON **Bargain Hunt** (S)(R)
1.00 PM **BBC News** (S)
1.15 **Songs of Praise: School Hymns** New edition Mark De-Lisser celebrates how hymns sung in childhood can inspire people. (S)
1.50 **Escape to the Country** (S)(R)(AD)
2.45 **Deadly 60** (S)(R)(AD)
3.15 **Parenthood** (S)(R)(AD)
4.15 FILM **Dolittle** Fantasy adventure starring Robert Downey Jr. Eccentric physician Dr John Dolittle is drawn into a mission to save Queen Victoria's life. (S)(AD) (2020, PG, 90min) ★★★
5.45 **BBC News** (S)

7.10 Parenthood

6 PM
6.00 **Local News** (S)
6.10 **Countryfile** New edition The final images are chosen for the 2026 *Countryfile* calendar in an edition from Bolton Abbey, with John Craven and Hamza Yassin joined by guest judge Maggie Aderin-Pocock. (S)

7 PM
7.10 **Parenthood** Series finale 5/5. David Attenborough narrates footage of animals raising their young in the jungle, from tapirs seeking new territory, to hornbills being trapped inside trees. (S)(AD)
■ Entire series on BBC iPlayer

8 PM
8.10 **Antiques Roadshow** New edition Fiona Bruce hosts from Stephens House & Gardens in Finchley, north London, where finds include a jug designed by Pablo Picasso. (S)

9 PM
9.10 **King & Conqueror** New episode 3/8. Harold risks returning to Wessex for his wife, while William plots against Henry in France. (S)(AD)
■ Entire series on BBC iPlayer

10 PM
10.00 **BBC News** (S)
10.25 **Local News** (S)
10.30 **Match of the Day** Kelly Cates presents highlights of the latest Premier League matches, including Liverpool v Arsenal and Brighton & Hove Albion v Manchester City. (S)
11.45 **Tommy: The Good. The Bad. The Fury** 3/6. Tommy opens up about his drinking. (S)(R)(AD)
12.15 AM 4/6. John takes the boys on a camping trip. (S)(R)(AD)
12.45 **Destination X** 9/10. Rob Brydon hosts as the four remaining passengers hunt through mines for clues. (S)(R)(AD)
1.45 **Weather for the Week Ahead** (S)
1.50 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **A to Z of TV Gardening** (S)(R)
7.15 **Take a Hike** (S)(R)
7.45 **Countryfile** (S)(R)
8.40 **Breakfast** (S)
9.00 **Beechgrove Garden** (S)(R)
9.30 **Glorious Gardens from Above** Gardens in Cornwall. (S)(R)
10.15 **Saturday Kitchen Best Bites** New edition Romesh Ranganathan faces his food heaven or hell. (S)
11.45 LIVE **Rugby Union: Women's World Cup** Ireland v Spain: Both teams' second match in Pool C, held at cinch Stadium at Franklin's Gardens, Northampton. Kick-off is at 12.00. (S)
2.05 PM LIVE **Cricket: The Hundred** Coverage of the women's final from Lord's, as the team that topped the table faces the winners of the Eliminator. Start-time is at 2.15. (S)

10.00 Misery

5.30 LIVE **Cricket: The Hundred** Isa Guha presents coverage of the men's final from Lord's, featuring the winners of the league stage and the team that prevailed in yesterday's Eliminator. Oval Invincibles retained the title after defeating Southern Brave by 17 runs in last year's final with the help of an excellent bowling display by England international Saqib Mahmood. Analysis from Alex Hartley, Michael Vaughan, Phil Tufnell, Steven Finn and Carlos Brathwaite. Start-time is at 6.00. (S)

9.00 NEW **Murder Case: Who Killed Kiesha?** Detectives head to the market town of Elgin to investigate the murder of 32-year-old Kiesha Donaghy, whose body was discovered in her home. (S)(AD)

10.00 FILM **Misery** Suspense drama based on a story by Stephen King, starring James Caan and Kathy Bates. A romance novelist is held prisoner by an obsessive fan. (S)(AD) (1990, 15, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.40 FILM **Final Cut** French horror comedy starring Romain Duris. A film crew shooting a low-budget zombie movie remake for a live broadcast find that anything that can go wrong, will go wrong. Subtitled. (2022, 15, 110min) ★★★
1.30 AM **Sign Zone: MasterChef** (S)(R)
2.30 **Sign Zone: Here We Go** (S)(R)(AD)
3.00 **Sign Zone: Great British Railway Journeys** (S)(R)(AD)
3.30 **to 6.45** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Simply Raymond Blanc** (S)(R)
6.30 **James Martin's Saturday Morning** With Jon Culshaw. (S)(R)
8.25 **Katie Piper's Weekend Escape** New edition Katie is joined by comedian Babatunde Aléshé. (S)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** Chat show. (S)(R)
11.30 **Ainsley's Fantastic Flavours** (S)(R)
12.30 PM **Love Your Small Garden Special** The team transform two small outdoor spaces. (S)(R)(AD)
1.30 **ITV News** (S)
1.40 **Lingo** Quiz show. (S)(R)
2.45 FILM **A View to a Kill** James Bond adventure starring Roger Moore and Christopher Walken. (S)(AD) (1985, PG, 155min) ★★
5.20 **You Bet! on Tour** 1/6. Game show with Stephen Mulhern. (S)(R)(AD)

8.00 Beat the Chasers

6.25 **ITV News** (S)
6.40 **Local News** (S)
6.55 **Cooking with the Stars** New edition 5/6. Emma Willis and Tom Allen host, with the remaining four famous faces competing in the semi-final as they take on healthy dishes. The two stars who fail to impress the judges will end up in the cook-off, with the pair fighting it out for the last place in the Grand Final. (S)(AD)

8.00 NEW SERIES **Beat the Chasers** Contestants from across the UK take on Anne Hegerty, Shaun Wallace, Mark Labbett, Paul Sinha and Darragh Ennis hoping to win big money. (S)(AD)

9.00 NEW SERIES **I Fought the Law** 1/4. Fact-based drama starring Sheridan Smith. A 22-year-old woman goes missing. *See feature, page 6.* (S1) (S)(AD)
■ Continues tomorrow

10.00 **ITV News** (S)
10.15 FILM **War for the Planet of the Apes** Sci-fi adventure sequel starring Andy Serkis, Woody Harrelson and Steve Zahn. A devastating conflict erupts between humans and intelligent primates in a post-apocalyptic future. With Karin Konoval. (S) (2017, 12, 145min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.40 AM **Teleshopping**
3.00 **Motorsport UK** Richard John Neil presents action from Croft. (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Ainsley's Fantastic Flavours** (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.20 AM **Cheers** 24-27/27. (S9) (S)(R)
8.10 **Frasier** 4&5/24. (S1) (S)(R)(AD)
9.10 **Superhero Tri** Action from Dorney Lake in Windsor. (S)(AD)
10.00 **Sunday Brunch** New edition With Stevie Martin, Robert Rinder, Anna Williamson, Darius Rucker, Faye Tozer and Claire Richards. (S)
1.00 PM **The Simpsons** (S)(R)(AD)
2.25 **Four in a Bed** From Golden Grove Retreat in Carmarthenshire. (S)(R)
2.55 A visit to Rosita Guest House in Weston-super-Mare. (S)(R)
3.25 A visit to King Square Apartments in Somerset. (S)(R)
3.55 From Hartridge Springs in Upottery in Devon. (S)(R)
4.25 Payment Day arrives. (S)(R)
4.55 **All Aboard! Scotland's Poshest Train** Alan Cumming visits the sacred island of Iona. (S)(R)(AD)

8.00 Educating Yorkshire

6.00 **News** (S)
6.30 **F1: Dutch Grand Prix Highlights** Lee McKenzie presents action from the 15th round of the season at Circuit Zandvoort. McLaren's Lando Norris claimed victory in Hungary before the summer break, setting up an intriguing battle with teammate Oscar Piastri at the top of the driver standings. With analysis from David Coulthard and Billy Monger. (S)

8.00 NEW SERIES **Educating Yorkshire** Return of the documentary. Mr Burton is now in charge, taking up the first headteacher position of his career. *See feature, page 21.* (S)(AD)

9.00 NEW SERIES **The Inheritance** 1/12. Robert Rinder hosts this game show in which contestants enter a country estate and a compete to earn the money left behind by 'the Deceased', played by Elizabeth Hurley. (S)(AD)
■ Continues tomorrow

10.05 **The Jury Australia: Death on the Staircase** New edition 2/5. The jury are presented with evidence from a neighbour who heard a series of unusual noises. (S)(AD)
■ Continues tomorrow
11.15 **Gogglebox** (S)(R)(AD)
12.15 AM FILM **Dogman** Italian drama starring Marcello Fonte. Subtitled. (2018, 15, 105min) ★★★★
2.00 **Ramsay's Kitchen Nightmares USA** From Seattle. (S)(SL)(R)
2.50 **The Fear Clinic: Face Your Phobia** (S)(SL)(R)(AD)
3.45 **The Simpsons** (S)(R)(AD)
5.00 **Location, Location, Location** (R)
5.50 **to 6.30** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.40 AM **Milkshake!**
8.55 SpongeBob SquarePants (S)(R)
9.05 Entertainment News (S)
9.20 Cruising with Susan Calman Susan visits Napier. (S)(R)
10.10 Cruising with Jane McDonald: Down Under Triple bill. (S)(R)
1.40 PM **Sardinia: Jewel of the Med** The island of Sardinia. (S)(R)
2.40 Crete: Jewel of the Med An exploration of the largest of the Greek Islands. (S)(R)
3.35 Cumbria: The Lakes & the Coast Showcasing the beauty and charm of Cumbria. (S)(R)
4.35 Cumbria: The Lakes & the Coast Two chefs bring a taste of the Caribbean to Cumbria. (S)(R)
5.35 When Holidays Go Horribly Wrong A newlywed is bitten by a shark in the Bahamas. (S)(R)

8.00 22 Kids & Counting

6.55 News (S)

7.00 Loyalty Cards: Are They Worth It? Alexis Conran investigates whether loyalty cards actually save consumers money when shopping. (S)(R)

8.00 22 Kids & Counting New edition A holiday to Florida turns sour thanks to some brattish behaviour, so Noel signs everyone up for a 48-hour survival course in Ireland. (S)

9.00 Rich Holiday, Poor Holiday New edition Wealthy best friends Sam and Rochelle travel with cash-strapped couple Kelly and April to experience two wildly different holidays in Spain. (S)

10.00 Inside the Four Seasons: Park Lane 1/4. Behind the scenes of the exclusive five-star hotel in London's Mayfair, meeting the staff who keep it running 24 hours a day. (S)(R)

11.00 Bradley Walsh's Comedy Legends Stand-up. (S)(R)
12.30 AM **Car Pound Cops** (S)(R)
12.55 Entertainment News (S)
1.00 PlayOJO Live Casino Show (S)
3.05 Agatha Christie: 100 Years of Poirot & Miss Marple (S)(R)
4.15 Friends (S1) (S)(R)(AD)
4.40 Me & My 10 Kids (S)(SL)(R)
5.30 to 5.40 AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **The Pingu Show** (S)(R)
6.30 The Epic Adventures of Morph
6.40 The Very Small Creatures (R)
6.50 The Brilliant World of Tom Gates (S)(R)(AD)
7.05 Monkey Life (S)(R)
8.00 The Simpsons (S)(R)
9.45 F1: Dutch Grand Prix Qualifying Highlights Action from Circuit Zandvoort. (R)
11.45 FILM **The Lego Movie 2: The Second Part** Animated sequel with the voice of Chris Pratt. (S) (2019, U, 107min) ★★★★
1.45 PM LIVE **Cricket: The Hundred** Coverage of the women's final from Lord's. Start-time is at 2.15.
5.00 F1: Dutch Grand Prix Highlights Action from the 15th round of the season, held at Circuit Zandvoort.

9.00 S.W.A.T.

6.00 LIVE **Cricket: The Hundred** Coverage of the men's final from Lord's, featuring the winners of the league stage and the team that prevailed in yesterday's Eliminator. Oval Invincibles retained the title after defeating Southern Brave by 17 runs in last year's final with the help of an excellent bowling display by Saqib Mahmood. Start-time is at 6.00.

9.00 S.W.A.T. New episode *Home:* 7/22. When two students are brutally attacked, 20-Squad contend with a possible honour killing. (S8) (S)

10.00 The Sopranos *College:* 5/13. Carmela and Fr Phil share an intimate moment, while some 'family' business interrupts Meadow's interview tour of Maine colleges. (S1) (S)(R)

11.05 The Sopranos 6/13. Junior is appointed boss of the DiMeo crime family. (S1) (S)(R)
12.05 AM **F1: Dutch Grand Prix Highlights** Action from the 15th round of the season, held at Circuit Zandvoort. (R)
1.05 Brassic 3&4/7. (S6) (S)(R)(AD)
3.00 Road Wars (S)(R)
4.00 to 6.00 AM **Nothing to Declare** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.45pm Sportscene: Premiership Highlights (S) **1.15am** Tommy: The Good. The Bad. The Fury (S)(R)(AD) **2.15** Weather for the Week Ahead (S) **2.20-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.30pm Van Morrison – Up on Cyprus Avenue (S)(R) **11.30** Match of the Day (S) **12.45-1.45am** Tommy: The Good. The Bad. The Fury (S)(R)(AD)

WALES
Sky 965, Virgin 864, Freesat 965
1.50pm A to Z of TV Gardening (S)(R) **2.15** FILM Dolittle (S)(AD) (2020, PG, 90min) ★★★ **3.45** Weatherman Walking (S)(R) **4.15** Wales on The One Show (S)(R) **4.45** Back in the Day (S)(R) **5.15-5.45pm** SOS: Extreme Rescues (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Yn y Gwaed **10.00** Garddio a Mwy **10.30** Cynefin **11.30** Cais Quinnell (AD) **12.00noon** Rygbi Cymru: Y Gêm yn y Gwaed **1.00pm** Triathlon Cymru – Aberllydan **2.00** Arfordir Cymru: Môn **2.30** Codi Hwyl (AD) **3.00** Codi Hwyl (AD) **3.30** Cymry ar Gynfas **4.00** Y Babell Lên **5.30** Ralio Autograss Cenedlaethol **6.35** Pobol y Cwm Omnibws (AD) **7.45** Newyddion a Chwaraeon **8.00** LIVE Dartiau: Pencampwriaethau Cymru **11.00-11.35pm** Trysorau Cymru: Tir, Tai a Chyfrinachau (AD)

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Laugh Lessons**
7.05 The Highway Rat Animated comedy with the voice of David Tennant.
7.30 Zog Animated adventure with the voice of Hugh Skinner.
8.00 The Fast and the Farmer-ish Teams from south-west Wales compete. **8.30** The Scottish heat.
9.00 Stacey Dooley: Meet the Shoplifters Stacey gets to grips with the apparent shoplifting epidemic.
9.45 RuPaul's Drag Race UK: Meet the Queens RuPaul introduces the 12 new queens competing for the title.
10.05 Chloe Ayling: My Unbelievable Kidnapping 1/3. The model shares the story of her 2017 abduction. **10.50** 2/3. Chloe reveals a turning point in her captivity. **11.35** 3/3. How Chloe faced the ordeal of media scrutiny.
12.25 AM **Laugh Lessons**
12.30 Smoggie Queens
1.30 The Big Proud Party Agency Double bill.
2.30 to 4.00 AM **Fresh Cops**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Around the World in 80 Gardens** Monty Don discovers a green revolution on the island of Cuba.
8.00 NEW **Modern Classics at the Proms** Tom Service curates a special compilation of new music performed at the 2025 Proms, featuring two world premieres, a trumpet concerto and cinematic soundscapes.
10.00 Imagine: George Benjamin – What Do You Want to Do When You Grow Up? The creation of the composer's opera *Lessons in Love and Violence*.
11.25 Lessons in Love and Violence: Royal Opera House A performance of George Benjamin's opera about Edward II.
12.55 AM **Omnibus: Virginia Woolf – A Night's Darkness, A Day's Sail** A 1970 profile of the writer.
1.45 to 3.10 AM **Imagine: George Benjamin – What Do You Want to Do When You Grow Up?**

MORE4

136/137 127 147 18 124 15

8.55 AM **A Place in the Sun**
3.35 PM **Come Dine with Me** Trucker Tony hosts the week's first dinner party in Essex. **4.05** Anthony hopes his quirky entertainment will win his guests over on night two. **4.40** Driving instructor Claire hosts the third night. **5.10** Foraging fan Richard hosts night four in Essex. **5.40** Teacher Kerrie hosts the week's final dinner party.
6.15 Four in a Bed The contest kicks off at the Harboro Hotel in Melton Mowbray.
6.50 Four in a Bed From the Nest Hotel in Hampshire. **7.20** The third visit is to The Queen's Head Inn in Northamptonshire. **7.55** The final visit is to Worlington Hall in Suffolk. **8.25** The winner is revealed.
9.00 999: On the Front Line Police find a man lying unconscious in the street following a suspected drug overdose, and paramedics respond to a man potentially suffering a heart attack.
10.00 24 Hours in A&E Patients include a 27-year-old tree surgeon who fell 40ft to the ground, landing head-first onto concrete.
11.05 24 Hours in A&E
12.10 AM **999: On the Front Line** Documentary.
1.15 24 Hours in A&E
3.25 to 3.55 AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks Omnibus**
7.10 Rude(ish) Tube Shorts
7.25 The Goldbergs
7.55 Ramsay's Kitchen Nightmares USA
10.55 Junior Bake Off
12.30 PM **The Big Bang Theory**
2.50 FILM **Home Alone** John Hughes' comedy starring Macaulay Culkin. (1990, PG, 100min) ★★★★
4.55 Lego Masters Australia New edition The teams have 10 hours to build an scene from a classic TV show.
6.30 The Simpsons Five episodes, including at: **8.00** *The Monkey Suit:* Lisa defies a new ruling that bans the teaching of evolution. **8.30** *Bart v Lisa v the Third Grade:* Lisa is moved up a grade at school.
9.00 FILM **Venom: Let There Be Carnage** Fantasy sequel starring Tom Hardy. Eddie Brock tries to re-ignite his career by interviewing a serial killer, who then becomes the host of another symbiote. (2021, 15, 97min) ★★★
10.55 Open House: The Great Sex Experiment Jess and Ben wish to embark on a non-monogamous lifestyle.
12.00 M'T **First Dates**
1.05 AM **Below Deck: Mediterranean**
3.45 The Goldbergs
4.10 to 6.00 AM **Hollyoaks Omnibus**

+1 hr 235/236 306 30 123 256

Sunday primetime primetime

SUNDAY Entertainment

Sunday

Sky Witness

107 107 110 341 356

6.00 AM **Border Security: Canada's Front Line**
7.00 **UK Border Force**
9.00 **Customs UK**
10.00 **Send in the Dogs**
11.00 **The Force: Manchester**
12.00 NOON **Caught on Dashcam** Road disasters captured on video by dashboard cameras.
1.00 PM **Border Patrol** Double bill of the series following customs agents in New Zealand.
2.00 **Nothing to Declare** Ten editions following the work of customs officers in Australia.

10.00 The Rookie

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 **Matlock** *Sixteen Steps:* 6/19. Olympia and Julian revisit a case involving contaminated baby formula. (S1)

10 PM
10.00 **The Rookie** *Three Billboards:* 13/18. Anti-LAPD billboards are erected throughout the city. (S7)
11.00 **The Good Doctor** 3/20. (S4)
12.00 M'T **Bull** 7/16. (S5)
1.00 AM **Law & Order: Special Victims Unit** 4/13. (S25)
2.00 **Elsbeth** New episode (S2)
3.00 **FBI** 7/15. (S3)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Fish Town**
9.00 **Six Feet Under** 9-12/12. (S5)
1.20 PM **Game of Thrones** Six episodes, including at: **3.30** 9/10. Sam gets some advice from Maester Aemon. **4.30** 10/10. Tyrion receives a visit from Jaime. (S4) **5.40** 1/10. Jon Snow attempts to mediate between Mance Rayder and Stannis. **6.45** 2/10. Cersei fears for her daughter's safety. (S5)

9.00 True Detective

7.50 **Game of Thrones** *High Sparrow:* 3/10. Queen Margaery spends time with her new husband King Tommen, and fugitive Tyrion walks the Long Bridge of Volantis. (S5)

9.00 **True Detective** *Omega Station:* 8/8. Nic Pizzolatto wraps up his tale of murder as Caspere's killer is revealed. (S2)

10.40 **The Wire** *The Pager:* 5/13. Carver and Herc track down Bodie, and Omar makes McNulty and Greggs an offer. (S1)
11.55 **Succession** 2/9. Kendall tries to find more allies. (S3)
1.10 AM **The Last of Us** 1/9. (S1)
2.40 **The Leftovers** 9/10. (S2)
3.40 **Julia** 4/8. (S1)
4.35 **In Treatment** 12/43. (S1)
5.05 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Highway Patrol**
8.00 **Hawaii Five-0** 13-16/24. (S1)
12.00 NOON **NCIS: Los Angeles** Four episodes, including at: **3.00** PM 15/21. Sam goes undercover as a fighter. (S14)
4.00 **Grimm** 5/22. Nick and Hank investigate the death of a music teacher eaten by rats. **5.00** 6/22. A mysterious female biker has a connection to a series of explosions. **6.00** 7/22. A length of hair provides a clue to the murder of a drug dealer. (S1)

10.00 TV's Greatest Game Shows

7.00 **Grimm** *Game Ogre:* 8/22. A string of brutal murders lead Hank and Nick to an escaped convict who is seeking revenge. (S1)

8.00 **An Idiot Abroad 2** Karl boards the Trans-Siberian Express to China. During the journey, he is forced to fight Mongolian wrestlers.

9.00 **S.W.A.T.** New episode *Home:* 7/22. Two students are brutally attacked, while Hondo and Nichelle have a parenting dispute. (S8)

10.00 **TV's Greatest Game Shows** Roy Walker is joined by celebrities and past competitors to explore what makes game shows great.
12.00 M'T **Brassic** 3/7. Farmer Jim is forced on a bumpy trip down memory lane when an old flame turns up in Hawley. **1.00** AM 4/7. Vinnie and the gang try to rescue Gideon from a naked cult. (S6)
2.00 **Road Wars** Double bill.
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Dress to Impress**
8.45 **The Only Way Is Essex**
10.45 **Deal or No Deal**
12.45 PM **Wheel of Fortune**
1.45 **Celebrity Catchphrase**
2.50 FILM **Flushed Away** Computer-animated comedy adventure featuring the voice of Hugh Jackman. (2006, U, 85min) ★★★★
4.35 FILM **The Secret Life of Pets 2** Animated sequel with the voice of Patton Oswalt. (2019, U, 86min) ★★★

6.25 Stardust

6.25 FILM **Stardust** Fairytale comedy adventure starring Claire Danes and Charlie Cox. A young man enters a magical kingdom to retrieve a falling star for his beloved in exchange for her hand in marriage. (2007, PG, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Only Way Is Essex** New edition The group are back in Essex as Dan gets some motherly advice from Wendy.

10.05 **Family Guy** 19/20. Brian and Stewie revel in their new rental car. **10.35** 20/20. Brian runs for mayor. (S17)
11.05 **Family Guy** 12/20. Peter works at a massage parlour. **11.35** 13/20. Peter is mistakenly identified as transgender. (S17)
12.05 AM **American Dad!** (S13)
1.05 **Deal or No Deal**
2.55 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **On the Buses**
6.30 **A Touch of Frost**
8.50 **Agatha Christie's Poirot**
11.50 **The Darling Buds of May**
2.00 PM **Agatha Christie's Marple** *The Blue Geranium:* The sleuth uncovers evidence that could avert a miscarriage of justice after a millionaire's wife is found dead in her locked room.
4.00 **Vera** *Hidden Depths:* The detectives investigate two murders in which the victims have been placed in water and surrounded by flowers.

8.00 Doc Martin

6.00 **Midsomer Murders** *Small Mercies:* A man's body is found tied down in a miniature village. Guest stars Jesse Birdsall..

8.00 **Doc Martin** *Blade on the Feather:* 7/8. It is the annual Portwenn versus Port Carran gig race and school gig festival.

9.00 **Doc Martin** *All My Trials:* 8/8. A visitor to Portwenn returns to research her family tree and seek the doctor's advice. (S8)

10.00 **Vera** *Shadows in the Sky:* Vera investigates when a dock worker falls to his death from a multi-storey car park.
11.50 **Playing Nice** 1/4. Two couples discover that their toddlers were switched at birth. **12.50** AM 2/4. Pete and Maddie begin the fight to keep Theo. (S1)
1.55 **On the Buses**
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights** The latest top-flight action, featuring Rangers v Celtic at Ibrox.
8.45 **Sacked in the Morning** With Jason McAteer.
9.00 **Disaster at Sea: The Piper Alpha Story** New edition 2/3. The fight for justice and accountability begins.
10.00 **Still Game** 3/6. Jack and Victor try to stage the perfect sting. (S3)
10.30 **Scot Squad** 5/6. PC Leanne Hunter's canine partner receives a medal. (S4)
11.00 **The Big Scottish Book Club** With John Niven, Hallie Rubenhold and Desiree Burch.
11.30 PM **to 12.00** M'T **The Scandals That Shocked Scotland**

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **The Conners** (S3)
10.30 **Veep** 7-10/10. (S3)
1.10 PM **Sex and the City**
4.30 **Will & Grace** (S1)
7.00 **The Office (US)** 3/22. Jim and Pam arrange an 'Office Olympics'. **7.30** 4/22. A kitchen fire forces the employees out of the office. **8.00** 5/22. Michael is ordered to fire one of his employees. **8.30** 6/22. Michael is embarrassed when Dwight punches him in the stomach. (S2)
9.00 **Micky Flanagan: If Ever We Needed It** A stand-up show by the comedian.
10.15 **And Just Like That...** 3/10. Carrie learns of a surprising development involving Big's ex. **11.05** 4/10. Miranda's drinking continues to cause concern. (S1)
11.45 **Girls** 4-8/10. (S6)
2.50 **to 5.00** AM **Entourage**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **André Rieu: Live in Maastricht V**
8.10 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **André Rieu: Live in Dublin**
2.45 **Cliff Richard and the Shadows: The Final Reunion**
5.30 **Douglas Adams: The Man Who Imagined Our Future**
7.00 **Classic Movies: The Story of The Graduate**
8.00 **Close to You: Remembering The Carpenters**
9.20 **Both Sides Now: Joni Mitchell Live at the Isle of Wight 1970**
10.35 **Carly Simon-No Secrets: Classic Albums**
11.55 **Alfred Hitchcock Hour**
12.55 AM **Pauline Black: A 2-Tone Story**
2.45 **Nina Simone: The Lost Album**
4.15 **to 6.00** AM **Music Icons**

Sky Mix

151 158 135 11 141 23

6.00 AM **Border Patrol**
8.00 **Let's Game**
8.25 **Silly Pets**
8.35 **Impossible Animals**
8.45 **Isadora Moon**
9.00 **Star Trek: The Next Generation** (S2)
2.00 PM **Caught on Dashcam**
3.00 **Border Security: Canada's Front Line**
5.00 **Caught on Dashcam**
6.00 **Caught Red Handed**
8.00 **The Rookie** *Take Back:* 9/22. The team investigate the death of a suspect in custody. **9.00** *The List:* 10/22. Nyla and James find themselves in the middle of a bank robbery which leads the entire team on a manhunt. (S5)
10.00 **NCIS: Los Angeles**
11.00 **NCIS: New Orleans**
12.00 M'T **Caught on Dashcam**
1.00 AM **Night Cops**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **In with a Shout** The Hinds family from London and the Woolliscrofts from Manchester compete.
3.00 **Tenable** Four brothers and their father compete in the game show. **4.00** Five amateur dramatic enthusiasts take part in the game show.
5.00 **Deal or No Deal**
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts as Matt attempts to open the 22 red boxes in the right order, taking on the Banker for the chance to win a life-changing cash prize.
9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.00 M'T **In with a Shout**
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 32

8.00 AM **Highway to Heaven**
12.00 NOON **Murder, She Wrote** Five episodes of the drama, including at: **4.00** PM *Showdown in Saskatchewan:* A mysterious death disrupts a rodeo.
5.00 FILM **Angels & Demons** Mystery thriller based on Dan Brown's novel, starring Tom Hanks and Ewan McGregor. (2009, 12, 138min) ★★
7.55 FILM **Inferno** Director Ron Howard's adaptation of Dan Brown's thriller, starring Tom Hanks and Felicity Jones. (2016, 12, 121min) ★★★
10.20 **The New Avengers** (S2)
12.20 AM **The Avengers** (S5)
1.20 **Airline USA**
2.00 **Randall and Hopkirk (Deceased)** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Motorsport Mundial**
6.30 **Auto Mundial**
7.00 **Motorsport UK**
8.00 **The Big Match Revisited**
9.00 **English Football League Highlights** Recent action.
10.30 **World of Sport**
10.45 LIVE **British Touring Car Championship** Coverage of the 22nd, 23rd and 24th races of the season, which come from Donington Park.
5.45 PM **The Derby Through the Years** Memorable stagings.
6.05 **The Motorbike Show**

9.00 Snowpiercer

7.10 FILM **Jurassic Park III** Adventure thriller sequel starring Sam Neill, Téa Leoni and William H Macy. A palaeontologist gets stranded on an island containing genetically engineered dinosaurs. (2001, PG, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 FILM **Snowpiercer** Fantasy thriller starring Chris Evans, Song Kang-ho and Tilda Swinton. In a snow-ravaged world, travellers fight for survival on a train that perpetually circumnavigates the globe. With Jamie Bell. (2013, 15, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 FILM **Starship Troopers** Paul Verhoeven's sci-fi war drama starring Casper Van Dien, Denise Richards, Dina Meyer and Neil Patrick Harris. (1997, 18, 129min) ★★
1.45 AM **Berlin Station** 6/10. (S1)
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 FILM **Battle for Pandora** Adventure with Tom Sizemore. (2022, PG, 90min) ★★
1.00 PM FILM **Stargate: Ark of Truth** Sci-fi adventure spin-off. (2008, PG, 97min) ★★★
3.00 **Stargate Atlantis** Four episodes, including at: **5.00** 17/20. McKay's looks into a mysterious explosion. **6.00** 18/20. The team accidentally awaken a dormant Wraith queen. (S3)

11.00 The Leftovers

7.00 **Star Trek: Deep Space Nine** *The Nagus:* 11/20. Quark is chosen to succeed the Grand Nagus Zek as the Ferengi leader.
8.00 **Star Trek: Deep Space Nine** *Vortex:* 12/20. Odo travels to the Gamma Quadrant in search of his people.
9.00 **Star Trek: Deep Space Nine** *Battle Lines:* 13/20. Sisko, Kira and Bashir become stranded in a war-torn world.
10.00 **Star Trek: Deep Space Nine** *The Storyteller:* 14/20. A Bajoran village is attacked by a mysterious destructive force. (S1)
11.00 **The Leftovers** 6/8. Nora finds an unlikely ally in her quest. **12.00** M'T 7/8. Kevin assumes an alternate identity. **1.10** AM 8/8. The final episode of the mystery drama. (S3)
2.30 FILM **Ba'al: The Storm God** Sci-fi action adventure. (2008, 15, 97min) ★★
4.20 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S18)
10.00 **Elementary** 22-24/24. (S5)
1.00 PM **Father Brown** Triple bill.
4.00 **Maisie Raine** 1/6. Kyprianou's informant is endangered. **5.00** 2/6. The owner of Maisie's local off-licence is stabbed during a robbery, and a suspect is injured while being arrested. (S2)
6.00 **Beyond Paradise** 5/6. Panic spreads when an arsonist targets three businesses, bizarrely invoking the *Three Little Pigs* fable. (S1)

8.00 Death in Paradise

7.00 **Beyond Paradise** 6/6. A house is burgled, but the main suspect was locked up in the station's cells at the time. (S1)
8.00 **Death in Paradise** *Painkiller Thriller:* 5/9. A young pop star is found dead at a rehab clinic.
9.00 **Death in Paradise** *Phone-In-Murder:* 6/9. A woman is suspected of reporting her own murder. (S11)
10.00 **Father Brown** *The Enigma of Antigonish:* An ex-health spa employee is found murdered.
11.00 **Shakespeare & Hathaway: Private Investigators** 7/10. Frank and Lu investigate the suspicious death of an actor. **12.00** M'T 8/10. The duo look into paranormal activity. (S4)
1.00 AM **Beyond Paradise** (S1)
3.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.25 AM **Only Fools and Horses**
12.40 PM **Only Fools and Horses** Ten episodes, including at: **3.20** Del sets Rodney up on a date with a stripper. **4.00** Del sees a chance to make a quick profit involving Denzil's redundancy money. **4.40** Del encounters an old flame from almost 20 years previously. With Diane Langton. **5.20** Del and Rodney mourn Grandad's death. **6.00** Uncle Albert has a nasty fall into the pub cellar. **6.35** Rodney joins a band.

9.20 Mrs Brown's Boys

7.15 **Only Fools and Horses** The Trotters agree to dog-sit while Boycie and Marlene go on holiday.
8.00 **Red Dwarf** Kryten hides a stash of illegal hooch in Lister's cell.
8.40 **Dad's Army** A major from Area HQ decides Corporal Jones is too old to be in the Home Guard.
9.20 **Mrs Brown's Boys** Dermot gets cold feet in the run-up to his wedding.
10.00 **Mrs Brown's Boys** Grandad hopes to witness his own funeral.
10.35 **The Vicar of Dibley: Inside Out** Dawn French, Richard Curtis and a host of guest stars recall their favourite Dibley moments.
12.40 AM **Red Dwarf: The Promised Land**
2.30 **Inside No 9**
3.15 **to 4.00** AM **Back to Life**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.15 AM **Pointless**
8.05 **American Pickers**
10.00 **Our Guy in Colombia**
11.00 **Top Gear** Double bill.
1.00 PM **Storage Hunters UK**
3.00 **Hairy Bikers' Best of British** The links between American and British culinary cultures. **4.00** Si King and Dave Myers look back at the 1960s.
5.00 **Greece with Simon Reeve** 1/2. A tour of the country. **6.00** 2/2. Simon travels from the Peloponnese peninsula into the mountainous north.

7.00 Special Ops: To Catch...

7.00 **Special Ops: To Catch a Criminal** A specialist unit investigate a tragic murder committed on the eve of Valentine's Day.
8.00 **Alison & Larry: Billericay to Barry** Alison Steadman and Larry Lamb take a 210-mile road trip from Billericay to Barry Island.
9.00 **Have I Got a Bit More News for You** Lorraine Kelly hosts the satirical quiz, with guests Maisie Adam and Matt Chorley.
10.00 **QI** With Sean Lock, Bill Bailey and Jo Brand.
10.40 **Mock the Week** With Ed Byrne, Rhys James, Nish Kumar and Ellie Taylor.
11.20 **Mock the Week** With Paul Chowdhry and Ed Gamble.
12.00 M'T **Live at the Apollo** With Maisie Adam, Michael Odewale and Susie McCabe.
1.00 AM **Schitt's Creek**
3.00 **to 4.00** AM **Have I Got a Bit More News for You**

+1 hour 211/212 327 74 259

Sunday

7 PM

8 PM

9 PM

10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Four in a Bed**
2.00 PM **George Clarke's Amazing Spaces**
4.00 **A Place in the Sun**
8.00 **The Dog House** One-year-old French bulldog Spud seeks a suitable new home.
9.00 **Celebrity Gogglebox 2022** Featuring Gyles Brandreth, Joanna Lumley and Tom Allen.
10.00 **Gogglebox** Appraisals of *The Masked Dancer, Bad Sisters* and *Married at First Sight UK*.
11.00 FILM **Terminator: Dark Fate** Sci-fi adventure starring Arnold Schwarzenegger and Linda Hamilton. (2019, 15, 123min) ★★★★
1.25 AM FILM **Another Round** Comedy drama starring Mads Mikkelsen and Thomas Bo Larsen. Subtitled. (2020, 12, 117min) ★★★★
3.45 **to 4.45** AM **Griff's Great American South**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S2)
1.00 PM **NCIS** (S17&18)
6.00 **NCIS** *Everything Starts Somewhere:* 2/16. Flashbacks reveal the murder case that first introduced young Gibbs to NCIS and to Ducky. **7.00** *Blood and Treasure:* 3/16. The team embark on a spot of modern-day treasure hunting. **8.00** *Sunburn:* 4/16. McGee and his wife Delilah's Bahamian vacation turns into a high-stakes mission. (S18)
9.00 **NCIS: Hawaii** *Dies Irae:* 22/22. A figure from Tennant's CIA past re-emerges. (S2)
10.00 **Law & Order: Special Victims Unit** (S19&18)
1.45 AM **Criminal Minds: Evolution** 6/22. (S16)
2.50 **Criminal Minds** (S12)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S2)
9.55 **Car Pound Cops**
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** Four editions, including at: **7.00** A drink driver is found to be more than three times over the legal limit. **8.00** Dan is involved in a high-speed pursuit.
9.00 **999: Emergency Call Out** The team deal with an injured man under the influence of drugs.
10.00 **The Hospital: Life on the Line** A 54-year-old waits for a donor heart to become available.
11.00 **Banged Up Abroad**
12.00 M'T **Murdered in Paradise: Killing in the Caribbean**
1.20 AM **Acts of Murder**
2.15 **The Resident** New episodes (S6)
3.45 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.05 **Motorway Patrol**
9.40 **Ice Cold Catch**
10.40 **Ice Road Truckers**
12.40 PM **Mud Mountain Haulers** Double bill.
2.35 FILM **Stagecoach** Classic Western starring John Wayne and Claire Trevor. (1939, b/w, U, 99min) ★★★★★
4.50 FILM **Dakota** Western adventure starring John Wayne. (1945, b/w, PG, 82min) ★★
6.30 FILM **Rio Lobo** Director Howard Hawks' Western adventure starring John Wayne. (1970, PG, 110min) ★★★
9.00 FILM **Big Jake** Western starring John Wayne and Richard Boone. (1971, 15, 110min) ★★★
11.20 **Police Interceptors**
12.20 AM **Fights, Camera, Action!** Triple bill.
3.20 **Motorway Patrol**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Tipping Point**
11.00 **999 Rescue Squad**
7.00 PM **Inside the Ambulance** An elderly lady is struggling with an infection and dementia. **8.00** A teenager is in severe pain after falling and injuring his leg.
9.00 **Inside the Operating Theatre** A woman has an investigation of her womb to find out if she has cancer.
10.00 **Stacey Dooley Sleeps Over** The presenter spends the weekend with 23-year-old Lily Phillips, a high-profile adult content creator.
11.00 **Louis Theroux: Life on the Edge** Double bill.
1.00 AM **Preaching Evil: A Wife on the Run with Warren Jeffs**
2.00 **to 3.00** AM **Sort Your Life Out with Stacey Solomon**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **The Bill**
12.25 PM **Kingdom**
3.25 **Catherine Cookson's The Dwelling Place**
6.40 **Call the Midwife** 4/9. The maternity home is thrown into chaos by an outbreak of gastroenteritis. (S12)
8.00 **Sister Boniface Mysteries** *Crimes and Miss Demeanours:* 10/10. A contestant in a beauty pageant meets an untimely end. (S1)
9.00 **Silent Witness** *Bloodlines:* Harry travels to Budapest to help his lover Anna Sandor investigate a suspicious death, but when she is killed, he finds himself implicated in her murder.
11.15 **Whitstable Pearl** (S3)
12.15 AM **PD James: The Murder Room**
2.15 **Hamish Macbeth**
3.05 **to 4.00** AM **The Count of Monte Cristo**

+1 hr 243 316 60 260

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** In Barcelona.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **My Dream Derelict Home in the Sun**
12.00 NOON **Who Do You Think You Are?**
2.00 PM **Long Lost Family**
3.00 **A Place in the Sun**
7.00 **Long Lost Family: What Happened Next** Revisiting the stories of people desperate to find their birth parents. **8.00** Davina McCall and Nicky Campbell revisit the stories of Anne Clegg, Alice Jones and Sharon Harte since they first appeared on the show.
9.00 **Dr Pimple Popper** Triple bill of editions.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Fantasy Homes by the Sea**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Bidding Room**
9.00 **Tenable** Double bill.
11.00 **Play Your Cards Right**
12.00 NOON **Pointless Celebrities** A 'health and fitness' edition of the unorthodox quiz show.
1.00 PM **Through the Keyhole** Double bill.
2.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show.
4.00 **The Bidding Room**
5.00 **Tenable** Quiz show.
6.00 **The Chase Celebrity Special** With Todd Carty, Jo Pavey, Saira Khan and Dominic Holland.
7.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
9.00 **The Chase Celebrity Special** With Aldo Zilli, Mark Billingham, Lucy Pargeter and Joey Essex.
10.00 **The Chase** Six editions.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action

323 319 426 42 33

8.10 AM **FILM Wild Wind** Wartime adventure. (1985, PG, 100min) ★★
10.05 **Tombstone Territory**
11.35 **FILM Terror in a Texas Town** Western. (1958, b/w, PG, 81min) ★★★
1.25 PM **FILM True Grit** Oscar-winning Western with John Wayne. (1969, PG, 128min) ★★★★★
4.15 **FILM El Dorado** Western drama. (1966, PG, 126min) ★★★★
7.05 **FILM Hondo** Western with John Wayne. (1953, PG, 84min) ★★★★
9.00 **FILM Bandolero!** Western adventure with James Stewart. (1968, 15, 106min) ★★★
11.25 **FILM The Duel** Western with Liam Hemsworth. (2016, 15, 110min) ★★
1.45 AM **FILM Depth Charge** Thriller with Eric Roberts. (2008, 12, 90min) ★★
3.30 **to 5.00** AM **Cops Uncut**

+1hour 324

GREAT! movies

321 318 425 50 48

7.00 AM **Air Rescue**
8.00 **Sue Thomas: F.B.Eye**
1.00 PM **FILM Garage Sale Mysteries: Murder in D Minor** (2018, PG) ★★
3.00 **FILM Lost Letter Mysteries: Road Less Travelled** (2018, U) ★★
5.00 **FILM Lost Letter Mysteries: To the Altar** Drama. (2018, PG) ★★
7.00 **FILM Lost Letter Mysteries: The Vows We've Made** Thriller. (2021, PG, 86min) ★★
9.00 **FILM Murder 101: Locked Room Mystery** Drama. (2008, PG) ★★
10.55 **FILM The Neighbourhood Nightmare** (2018) ★★
1.00 AM **FILM I Do, or Die: A Killer Arrangement** Thriller. (2020, 12) ★★
3.00 **Coast Guard Alaska**
4.00 **to 6.00** AM **FILM White Hot: A Sandra Brown Mystery** (2016, PG) ★★

+1hour 322

GREAT! romance

319 317 424 52 47

8.00 AM **FILM The Wedding Arrangement** Drama. (2022, PG, 95min) ★★
10.05 **FILM Two for the Win** Drama. (2021, PG) ★★
12.00 NOON **FILM Love, Classified** Drama. (2022, PG, 90min) ★★
1.55 PM **FILM With Love, Your Sweetly Salted** Drama. (2023, U) ★★
4.00 **FILM Rip in Time** Drama. (2022, PG, 84min) ★★
5.55 **FILM Just One Kiss** Comedy. (2022, PG) ★★
8.00 **FILM Caribbean Summer** Comedy. (2022, PG, 84min) ★★
9.55 **FILM Summer Villa** Romantic drama. (2016, PG, 84min) ★★
11.45 **FILM Mix Up in the Mediterranean** Comedy. (2021, PG, 84min) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM With Love, Your Sweetly Salted** As 1.55pm.

+1hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
9.00 **A Sharp Intake of Breath** (S2&3)
10.00 **Jokers Wild**
10.30 **Please Sir!** 1&2/14. (S3)
11.30 **Jokers Wild**
12.00 NOON **In Loving Memory**
1.00 PM **Carry On Laughing**
1.30 **FILM Just My Luck**
3.10 **Mysterious Tales**
3.20 **Rewind & Remember**
3.30 **The Tony Hancock Show**
4.00 **Tracing the Rails**
4.30 **Old Country**
5.00 **Walking Westward**
5.30 **Jokers Wild**
6.00 **We Had One of Those**
6.10 **In Loving Memory** (S5)
7.10 **Carry On Laughing** (S1)
7.40 **Please Sir!** 1&2/14. (S3)
8.40 **Police Woman** (S1)
9.40 **Dark Skies** (S1)
11.40 **FILM Just My Luck** Comedy. (1957, U) ★★★
1.20 AM **A Sharp Intake of...**
2.20 **FILM The Unvarnished Truth** (1983, 12) ★★
3.50 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Baggage Battles**
10.00 **Junkyard Empire**
2.00 PM **Kindig Customs**
5.00 **Iron Resurrection**
7.00 **Expedition Bigfoot** The team return to the Olympic Peninsula with a plan to lure out a Bigfoot. **8.00** Russell tracks a massive creature to a box river canyon.
9.00 **Paranormal: Caught on Camera** A ghostly white figure lurks above a child's crib. **10.00** A psychic medium cannot shake an unfriendly spirit.
11.00 **Expedition X** Phil and Jess test a mind-bending scientific theory. **12.00** M'T Phil and Jess investigate caverns believed to be portals.
1.00 AM **Expedition X**
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Man v Food**
12.00 NOON **Jamie's Easy Meals for Every Day**
1.00 PM **James Martin: Sweet**
2.00 **James Martin's Great British Adventure**
3.00 **Great British Bake Off** Six editions, including at: **7.00** The bakers prepare biscuits and traybakes. **8.00** The contestants face three tasks involving sweet dough.
9.00 **River Cottage to the Core** Hugh Fearnley-Whittingstall uses fruit in a wide range of dishes. **10.00** Fruit-based picnic food and drink. **11.00** Featuring pear and Stilton pizza. **12.00** M'T Plum compote, Waldorf salad and banana flapjacks.
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1hour 240/241 154

Legend

148 156 149 41 137 38

7.00 AM **FILM Shark** Thriller. (1969, 15, 88min) ★★
9.00 **The Fall Guy** (S3)
2.00 PM **FILM The Black Torment** Horror chiller. (1964, 15, 85min) ★★★
3.45 **FILM Five Golden Dragons** Adventure. (1967, PG, 100min) ★★
5.50 **FILM The Vengeance of She** Adventure. (1967, PG, 101min) ★
8.00 **The Twilight Zone** (S1)
9.00 **FILM Haywire** Action thriller with Gina Carano, Michael Fassbender and Ewan McGregor. (2012, 15, 88min) ★★★★
10.55 **FILM Looper** Thriller with Joseph Gordon-Levitt and Bruce Willis. (2012, 15, 119min) ★★★★
1.10 AM **FILM Hard Kill** Action thriller starring Jesse Metcalfe. (2020, 15, 98min) ★★
3.05 **to 4.50** AM **FILM Sacrifice** Horror thriller. (2020, 15, 87min) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM Eye of the Beast** Monster movie. (2007, 15, 90min) ★★
8.00 **FILM Island of Terror** Sci-fi horror. (1966, PG, 90min) ★★★
10.00 **FILM Global Meltdown** Disaster thriller starring Michael Paré. (2017, PG, 105min) ★
12.00 NOON **The Poseidon Adventure** 1&2/4.
4.00 PM **The A-Team** (S5)
9.00 **FILM Ransom** Political thriller starring Sean Connery and Ian McShane. A Norwegian security chief goes after the kidnappers of the British ambassador. (1974, PG, 98min) ★★★
10.55 **FILM Castle Freak** Horror thriller starring Jeffrey Combs and Barbara Crampton. (1995, 18, 90min) ★★
1.00 **to 3.00** AM **FILM Ransom** As 9.00pm.

+1hour 318 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Auction Hunters: Pawn Shop Edition**
7.00 **Auction Hunters**
8.00 **Junk and Disorderly**
10.00 **Alien Corridors**
12.00 NOON **UFOs: The Lost Evidence** Double bill.
2.00 PM **The Proof Is Out There: Bermuda Triangle Edition**
8.00 **Secret Societies: In the Shadows** Freemasons.
9.00 **Forbidden History** The historical evidence of Jesus' crucifixion.
10.00 **Egypt's Unexplained Files** The mysteries of ancient Egypt's elite. **11.00** An exploration of crime and punishment in ancient Egypt.
12.00 M'T **Close Encounters Down Under**
1.00 AM **Craig Charles: UFO Conspiracies**
2.00 **Paranormal Survivor**
3.00 **Haunted Hospitals**
4.00 **to 6.00** AM **Flipping Bangers**

5SELECT

153 166 138 46 133 30

9.00 AM **All Creatures Great and Small Christmas Special** 7/7. (S3)
10.05 **All Creatures Great and Small** 1/7. (S4)
11.05 **Columbo** Five episodes of the drama, including at: **5.55** PM *A Deadly State of Mind:* Columbo investigates a psychiatrist who has dispatched his lover's husband and made her to lie for him.
7.30 **Tommy Cooper: The Lost Tapes** Previously unseen performances by the comedian.
9.00 **When 60s TV Goes Horribly Wrong** A compilation of on-air disasters from the 1960s.
11.00 **Sinatra: King of the Crooners** The life and career of Frank Sinatra.
1.00 AM **Nazi Megastructures**
2.00 **Digging Up Britain's Past** Double bill.
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **My Lottery Dream Home** Eight editions.
11.00 **Escape to the Country**
1.00 PM **Escape to the Country** Six editions of the series in which city-dwelling families set out to find their ideal rural retreats with the help of an expert.
7.00 **A Place in the Sun** Danni Menzies helps two sisters realise their dream of buying a home in Cannes, lining up five properties for them to consider within their budget of £400,000.
8.00 **A Place in the Sun** Four editions featuring advice on buying a second home abroad.
12.00 M'T **My Dream Derelict Home in the Sun** A couple renovate two apartments in Almería.
1.00 **to 4.00** AM **Bargain Mansions**

+1hour 258/262 391

TLC

133/134 139 165

7.00 AM **Curvy Brides Boutique** Reality series.
8.00 **Say Yes to the Dress**
10.00 **Outdaughtered: Busby Quints** Double bill.
12.00 NOON **Extreme Couponing** Double bill.
1.00 PM **My 600lb Life**
5.00 **The Family Chantel**
6.00 **7 Little Johnstons**
7.00 **Good Bones**
8.00 **Sister Wives**
9.00 **Jay & Pamela** Jay and Pamela are finally getting married.
10.00 **My Strange Addiction: Still Addicted?**
11.00 **Body Bizarre**
12.00 M'T **I Was Bitten**
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **My Strange Addiction: Still Addicted?**
3.00 **Body Bizarre**
4.00 **Sister Wives**
5.00 **to 6.00** AM **Curvy Brides Boutique**

+1hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Stupid Central**
9.00 **Friends** 1-8/24. (S1)
1.00 PM **Friends** (S1)
7.00 **Friends** 21/24. Ross's pet monkey reaches puberty. **7.30** 22/24. Monica dates a high-school senior. **8.00** 23/24. Carol finally gives birth. **8.30** 24/24. Ross's true feelings for Rachel are revealed. (S1)
9.00 **Lee Evans: The Ultimate Experience**
10.45 **Stupid Central**
11.45 **CC Live: Stand Up Shorts** With Daniel Foxx.
12.15 AM **Whose Line Is It Anyway? USA**
1.15 **Mike Judge's Beavis and Butt-Head** (S1)
2.15 **South Park** (S16)
3.10 **Beavis and Butt-Head**
3.25 **The Ricky Gervais Show**
4.15 **to 5.00** AM **Joel & Nish vs the World**

+1hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Everybody Loves Raymond** 1&2/25. (S7)
7.00 **Teleshopping**
9.00 **Friends** 13-16/24. (S1)
11.00 **Everybody Loves Raymond** 3-14/25. (S7)
5.00 PM **Whose Line Is It Anyway? USA**
9.00 **Friends** 19/24. Ross flirts with a pizza-delivery woman. **9.30** 20/24. The guys ride in a police car. **10.00** 21/24. Phoebe learns Gary plans to ask her to move in with him. **10.30** 22/24. Joey gets a shock in Las Vegas. **11.00** 23/24. The pals visit Las Vegas. **11.30** 24/24. Rachel makes Ross regret playing a prank. (S5)
12.00 M'T **Friends** (S6)
1.00 AM **Impractical Jokers**
2.00 **Key & Peele**
5.05 **Beavis and Butt-Head**
5.15 **to 6.00** AM **Everybody Loves Raymond**

Sky Replay

152 160 156

7.00 AM **Four Weddings**
9.00 **Road Wars**
11.00 **Highway Cops**
1.00 PM **Motorway Patrol**
4.00 **Blood & Treasure** (S2)
6.00 **Hold the Front Page**
9.00 **SEAL Team** *Borderlines:* 7/22. The team head to Brazil to try to rescue a kidnapped CIA agent. **10.00** *The Exchange:* 8/22. The team carry out a prisoner exchange with the Taliban. **11.00** *Rolling Dark:* 9/22. The unit go against their Russian counterparts. **12.00** M'T *Pattern of Life:* 10/22. The unit are sent to Yemen to locate a mobile phone. (S1)
1.00 AM **A League of Their Own Road Trip: Dingle to Dover**
2.00 **A League of Their Own Road Trip: Southeast Asia** Double bill.
4.00 **to 6.00** AM **Four Weddings**

MTV

126/127 137 134 351 366

6.00 AM **16 and Pregnant**
7.10 **Teen Mom OG**
11.10 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Reality series.
2.00 **Catfish: Scammed**
3.00 **Catfish: The Dramatic**
4.00 **Catfish: The TV Show**
9.00 **Catfish: Sweet and Sour** Nev and Kamie host a viewing party.
10.00 **Ink Master: OGs vs. Young Guns** In a fight to the finale, the last five artists battle it out with mash-up tattoos.
11.00 **Jersey Shore Family Vacation** J-Woww builds her directing résumé.
12.00 M'T **The Challenge: Vets & New Threats**
1.30 AM **Caught in the Act: Unfaithful** Nunu questions if Caleb is really the man of her dreams.
2.20 **I Used to Be Fat**
3.10 **to 4.00** AM **Catfish: The TV Show**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Kindig Customs**
12.00 NOON **Building Off the Grid** Six editions, including at: **2.00** PM A family build their dream home on a wooded ridge top in Oklahoma. **3.00** A couple plan to build a cabin near a river in Wyoming. **4.00** A man attempts to build a 22,000 square foot shipping container home. **5.00** An avid outdoorsman takes on the challenge of building a cabin in Alaska.
6.00 **Scrap Kings** In Cheshire, a hotel is pulled to the ground.

6.00 Scrap Kings

7.00 **Alaska: Homestead Rescue** Novice farmsteaders in Iowa are on the verge of losing the legacy of their late father, and the Raneys must quickly give them an off-grid masterclass.
9.00 **Land Rush** As the cold intensifies, Danny's starving crew mill 25 logs before nightfall. Meanwhile, Greg's crew are stranded.
10.00 **Street Outlaws: Locals Only** Locals face off in Ohio before the $5,000 winner goes up against the infamous Kye Kelley.
11.00 **Roadworthy Rescues** Derek enlists David Freiburger to help him with a 1940 Chevrolet.
12.00 M'T **Alaskan Bush People** The Wolfpack answer burning questions from fans.
1.00 AM **Alaskan Bush People**
4.00 **to 5.00** AM **How Do They Do It?**

+1hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Insane Pools: Deeper Dive**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **Insane Pools: Off the Deep End** Lucas Congdon revisits five of his favourite builds. **4.00** Lucas builds a giant pool.
5.00 **Treehouse Masters** Pete Nelson builds a treehouse inspired by Thomas Jefferson.
6.00 **Wild Dubai** Behind modern Dubai lies a hidden treasure – an incredible wildlife.

7.00 How Do Animals Do That?

7.00 **How Do Animals Do That?** How one fish is blowing scientists away. **7.30** How a fish makes a weapon out of water.
8.00 **Little Giants** Searching for the bombardier beetle in the Mojave Desert. **8.30** Searching for the panther chameleon.
9.00 **The Zoo** When keepers notice a snow leopard is struggling to walk, he is taken to a veterinary neurologist for a scan.
10.00 **Tanked** Brett and Wayde race against the clock to build Ludacris an aquarium, complete with lots of exotic fish.
11.00 **Alaska: The Last Frontier** Eivin builds a survival motorbike fitted with weapons.
12.00 M'T **Fish or Die** The team aim to catch some bonefish.
1.00 AM **Saved by the Barn**
2.00 **Mountain Monsters**
3.00 **Little Giants** Double bill.
4.00 **to 5.00** AM **The Zoo**

+1hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Paranatural**
9.00 **Titanic: Case Closed**
11.00 **Vikings: The Rise and Fall**
1.00 PM **WW2 Wrecks: Draining the Ocean** Documentary.
2.00 **Defending Europe**
3.00 **Hitler: The Lost Tapes of the Third Reich** Double bill.
5.00 **World War II: Secrets from Above** The point in the war when the Allies took the beaches of northern France.
6.00 **The Battle for Britain: Drain the Oceans** Wrecks of planes from the Battle of Britain.

7.00 Genghis Khan

7.00 **Genghis Khan: Secret History of the Mongols** New edition A campaign that began with an attack on a Mongol caravan.
8.00 **Lost Ships of WW2** Series finale Following the debris trail of the USS *Johnston*, 8,000ft deeper than the *Titanic*.
9.00 **Naming the Dead** New edition A detective needs help identifying the victim in his first homicide.
9.50 **Construction Fails** Earthquake-proof buildings fall down in Turkey.
10.50 **Air Crash Investigation** The case of a plane that crashed into the Java Sea.
11.50 **Air Crash Investigation** A C-130 firebomber crashes while battling an epic wildfire. **12.50** AM A cargo flight from Edinburgh loses both engines.
1.50 **Inside Airport Lost & Found**
2.50 **Food Factory** Double bill.
3.45 **To Catch a Smuggler**
4.35 **to 5.00** AM **Money Meltdown**

+1hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Pawn Stars**
8.00 **Alone** Documentary.
9.00 **Pawn Stars** Double bill.
10.00 **WWII's Most Daring Raids**
2.00 PM **Storage Wars** Six editions of the series, including at: **4.30** Brandi and Jarrod's mischievous side emerges.
5.00 **HMS Invincible: Digging Up Britain's Past** The history of the ship that was captured from the French in 1747.
6.00 **Digging Up Britain's Past** Archaeologists conduct a dig at Auckland Castle.

9.00 Royal Kill List

7.00 **Hitler's Secret Bomb** How the race to develop the first atomic bomb was seen as critical to secure world dominance.
8.00 **Hitler's Secret Bomb** Experts reveal new evidence behind Nazi Germany's development of nuclear weapons.
9.00 **Royal Kill List** Docu-drama following Charles II's hunt for his father's killers, known as regicides. Stars Joseph Fiennes.
10.00 **Royal Kill List** Charles II faces a backlash, so he cracks down on dissenters while simultaneously organising a coronation.
11.00 **Royal Kill List** Charles dispatches assassins to Europe in an attempt to stamp his power abroad, but his authority begins to unravel at home.
12.00 M'T **History's Most Shocking** A paraglider plummeting to earth has to employ his skills and fast-thinking to survive.
1.00 AM **Storage Wars**
4.00 **to 6.00** AM **Ancient Aliens**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Antiques Roadshow**
8.00 **Nazi Hunters**
11.00 **Bangers & Cash**
2.00 PM FILM **The Million Pound Note** Period comedy with Jane Griffiths and Gregory Peck. (1953, U, 85min) ★★★★
4.00 **The World at War** Churchill forces a way through Italy.
5.00 **Canal Boat Diaries** Robbie Cumming journeys from Hawne Basin to Stourbridge. **6.00** Robbie explores the picturesque Staffordshire and Worcestershire Canal.

7.00 Wilderness

7.00 **Wilderness with Simon Reeve** Simon explores the Democratic Republic of the Congo, encountering thick jungles and swamps.
8.00 **Bangers & Cash: Restoring Classics** The team are excited when a Volvo 144 rolls in with just 15,000 miles on the clock.
9.00 **Bangers & Cash** Making Dave go weak at the knees is a very rare 1980s hot hatch – a Citroën Visa GT Tonic.
10.00 **Bangers & Cash: Restoring Classics** The team revisit a three-year MG restoration project that is still not finished.
11.00 **Bangers & Cash: Restoring Classics** A 1990s Alfa Romeo with electrical issues lives up to its stereotype. **12.00** M'T The team take Derek's advice when he finds the last remaining Hillman GT.
1.00 **to 3.00** AM **Bangers & Cash: Restoring Classics**

+1hour 255 329

Sunday

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Incredible Engineering Blunders: Fixed** Double bill.
8.00 **Find It, Fix It, Flog It**
12.00 NOON **Money for Nothing** Triple bill.
3.00 PM **The Yorkshire Auction House**
6.00 **Johnny Vegas' Little Shop of Antiques**
7.00 **Cycling: Vuelta a España** Stage nine.
8.00 **Salvage Hunters**
9.00 **The Yorkshire Auction House** Angus Ashworth pays a visit to a home that is dressed like a Victorian townhouse.
10.00 **The Yorkshire Auction House** Double bill.
12.00 M'T **Massive Engineering Mistakes**
1.00 AM **Aircrash Confidential**
2.00 **Destroyed in Seconds**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Lancashire**
9.00 **Say Yes to the Dress: UK** Reality series.
10.00 **Say Yes to the Dress**
11.00 **Curvy Brides Boutique**
12.00 NOON **FBI Files**
3.00 PM **People Magazine Investigates**
7.00 **People Magazine Investigates** Double bill.
9.00 **A Killer's Mistake** Detectives uncover a web of lies when firefighter Bob Poynter is killed. **10.00** A kindly old man is found murdered.
11.00 **Murder on CCTV** The case of Casey Crowder.
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Terri Ann McCoy.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **Storm of Suspicion**
7.00 **Bloodline Detectives** A murder case baffles Washington detectives. **8.00** A woman in Texas is left in an old cellar.
9.00 **Descent of a Serial Killer** Dr Bryanna Fox examines Eddie Mosley's descent to being a serial killer. **10.00** The crimes of Robert Joe Long.
11.00 **Cold Justice** Kelly Siegler and Steve Spingola try to help solve a horrific quadruple homicide. **12.00** M'T The team continue to investigate the horrific homicide of a family of four. **1.00** AM Investigating three mysterious deaths in Wyoming.
2.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Evidence of Evil**
2.00 PM **Medical Detectives** How police investigating the murder of a boy were aided by diatoms. **2.30** A single mother looking for love vanishes without a trace. **3.00** An American water-borne epidemic. **3.30** A 20-year-old woman sets out on her bike and never returns. **4.00** Forensic evidence betrays a serial killer. **4.30** Navy lieutenant Lee Hartley is killed while deployed out to sea.
5.00 **Crimes That Shook Australia** The shooting of Peter Falconio by Bradley Murdoch in 2001.
6.00 **Judge Judy** Real-life small-claims cases.
12.15 AM **Judge Judy**
2.00 **Teens Who Kill**
4.00 **48 Hours**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
9.00 **Brit Cops: Frontline Crime UK** Documentary.
10.00 **Killer in My Village**
11.00 **World's Most Evil Killers**
12.00 NOON **How I Caught...**
1.00 PM **The Real Manhunter**
2.00 **World's Most Evil Killers**
3.00 **Murder Uncut**
4.00 **Catching the Killer**
5.00 **Britain's Most Evil Killers**
6.00 **How I Caught the Killer**
7.00 **World's Most Evil Killers**
8.00 **Catching the Killer**
9.00 **Gilgo Beach Killer: House of Secrets** Series finale 3/3.
10.15 **Richard Ramirez: The Night Stalker Tapes**
12.45 AM **Devil in Disguise**
1.50 **Killer in My Village**
2.40 **Murders That Shocked the Nation** Josef Fritzl.
3.35 **Road Wars**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Send in the Dogs**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Hitler's Power**
11.30 **Edward VIII: Britain's Traitor King** As 9.50pm.
1.00 PM **Mary Beard's Ultimate Rome: Empire Without Limit**
6.20 **Hitler's Power** Exploring the events that led to Adolf Hitler coming to power in Germany. **7.30** How Hitler changed a republic into a 'Führer state.' **8.35** How Hitler went from emphasising his will for peace to starting a war of extermination.
9.50 **Edward VIII: Britain's Traitor King** Evidence that Edward VIII may have collaborated with the Nazis.
10.55 **Mafia's Greatest Hits** The FBI's pursuit of New York crime families.
12.00 M'T **Edward VIII: Britain's Traitor King**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Gary Oldman**
7.00 **Discovering: Bruce Willis**
8.00 **The Directors**
9.00 **Yacht Rock: A Dockumentary**
11.00 FILM **The Kid Stays in the Picture** Documentary. (2002, 15, 93min) ★★★
1.00 PM **Be Water** Bruce Lee's time in Hong Kong making four films.
3.00 **Spitfire** The story of British single-seat fighter plane the Supermarine Spitfire.
5.00 **Tina** A celebration of Tina Turner's life and career.
7.15 **I Am Johnny Cash** The life and career of the country singer-songwriter.
9.00 **Bowie: The Man Who Changed the World** Documentary celebrating the life and career of the musician.
11.00 **Kurt Cobain: Montage of Heck** Brett Morgen explores the Nirvana frontman's life
1.30 AM FILM **Searching for Sugar Man** Music documentary. (2012, 12, 86min) ★★★★
3.15 **Althea** Documentary.
5.00 **to 6.00** AM **The Directors**

Sky Nature

145 113/114 189 354 369

6.00 AM **Land of the Far North**
8.00 **Deadly Australians**
12.00 NOON **Animals at Play**
2.00 PM **Ireland's Wild Islands with Eoin Warner** Double bill.
4.00 **After the Wildfires**
5.00 NEW SERIES **Coral City** Featuring underwater footage of the marine life, seascapes and animal behaviours of the Great Barrier Reef.
6.00 **Deep Dive North America** New edition Lizzie Daly heads to North America's wild west.
7.00 **David Attenborough's Galapagos** The broadcaster explores the Galapagos Islands in the Pacific, starting with how the archipelago rose from the ocean four million years ago. **8.00** The unique species that live in the isolated habitat. **9.00** Exploring the differences between the 19 islands.
10.00 **Gladiators** Double bill.
12.00 M'T **Alien Abyss** Triple bill.
3.00 AM **Amazing Animal Friends**
5.00 **to 6.00** AM **Hope for Wildlife: The Next Generation**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
9.00 **Blown Away**
10.00 **Secrets in the Sand**
11.00 **Ancient Aliens**
1.00 PM **What on Earth?**
2.00 **U-Boat Wargamers**
3.05 **Al Murray: Why Do the Brits Win Every War?**
4.05 **Deadman's Curse**
5.00 **What on Earth?**
6.00 **Strange Evidence**
7.00 **Secrets of the Lost Liners** The fate of the SS *Cap Arcona*.
8.00 **Weird Britain** The biggest search for the Loch Ness Monster undertaken in 50 years.
9.00 **The Nostradamus Effect** Examining the plausibility of apocalyptic prophecies.
10.00 **Britain in Colour** Colourised film creates a vivid portrait of the British Empire.
11.00 **Conspiracy Files: Unsealed**
11.30 **Close Encounters**
12.00 M'T **Ancient Aliens**
3.00 AM **Britain in Colour**
4.00 **Haunted Hospitals**
5.00 **to 6.00** AM **The Nostradamus Effect**

Crime+Investigation

156 142 133

6.00 AM **Robbie Coltrane's Critical Evidence** Double bill.
8.00 **Crimes That Shook Britain**
10.00 **Murdertown**
11.00 **Nightmare in Suburbia**
1.00 PM **Killer Britain with Dermot Murnaghan** Double bill.
3.00 **Fugitive Hunters: Mexico**
7.00 **When Missing Turns to Murder** The disappearance and murder of an Ipswich woman.
8.00 **The Real Murders of Atlanta** Two friends are shot dead as part of an elaborate set-up.
9.00 NEW SERIES **Cold Case UK** Revisiting a series of files on investigations that went cold.
10.00 **Cold Case Files** A cold case is solved 42 years after a 23-year-old teacher vanished.
11.00 **Last Night Out**
12.00 M'T **Secrets of Penthouse**
1.00 AM **Secrets of the Hells Angels** Documentary.
2.00 **Fugitive Hunters: Mexico**
3.00 **Cold Case UK**
4.00 **to 6.00** AM **Green Eyed Killers**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **The Incredible Dr Pol**
10.00 **Wild Mongolia: Land of Extremes** Documentary.
11.00 **Savage Kingdom**
1.00 PM **Shark Vs Whale**
2.00 **Killer Whale Chronicles**
4.00 **Secrets of the Zoo: Tampa**
6.00 **Critter Fixers: Country Vets** New edition The vets take on a cattle auction and help a pup.
7.00 **Europe's New Wild** Exploring work to protect the Danube, the largest preserved wetland on the continent.
8.00 **Giants of the Deep Blue** Underwater footage revealing the secret lives of whales.
9.00 **Kings of the Wild** Hunter Josh James and chef Matt Tebbutt combine their skills to prove they can eat like kings in the wild.
10.00 **Africa's Big Five** Rhinos, lions, elephants, leopards and buffalo.
11.00 **Snakes in the City**
12.00 M'T **Alaska: The Next Generation** Double bill.
2.00 AM **Secrets of the Zoo: North Carolina** Double bill.
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Shed and Buried**
9.00 **The Antiques Brothers**
12.00 NOON **Combat Dealers**
3.00 PM **World's Greatest Motorcycle Rides** Triple bill.
6.00 **Blowing Up History** Experts use cutting-edge tech to investigate the Red Pyramid. **7.00** Exploring a Roman settlement buried in ashes. **8.00** Experts explore Hadrian's Villa, the largest Roman palace ever constructed.
9.00 **Salvage Hunters: The Restorers** French polisher Alex is excited to work on a 100-year-old table, and paper conservator Ashleigh has to take safety precautions to work on a mouldy poster. **10.00** Upholsterer Craig and blacksmith Nev attempt to transform a bulky lounge chair. **11.00** Drew asks Michael and Maria to revamp a ventriloquist doll that is over 100 years old.
12.00 M'T **Shed and Buried**
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering**
6.00 **Abandoned Engineering** A now-silent site that played a pivotal role defending America through the 20th century. **7.00** Featuring a juggernaut of Soviet engineering hat was crucial to the international space race, deserted Scottish coastal defences, and a complex that is crucial to American history. **8.00** A look into the mysterious Cachtice Castle, home to Elizabeth Bathory, said to have killed more than 600 girls. **9.00** Within a Polish woodland sits a forgotten complex with an explosive history. Plus, grand coastal defences in Ghana reveal a tortured past. **10.00** A two-hour special featuring a deserted Caribbean city, a ghost town still burning and an Arctic settlement facing a terrifying future.
12.00 M'T **Abandoned Engineering**
5.15 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 141 166

8.00 AM **The Killer in My Family**
10.00 **Twisted Love** Double bill.
12.00 NOON **Disappeared**
2.00 PM **Murder in the Heartland**
4.00 **Southern Fried Homicide**
6.00 **Blood Runs Cold** The complicated story behind a mother's disappearance in 1979. **7.00** A mother's quest to find her missing daughter.
8.00 **Disappeared** The case of a 15-year-old who ran away to Mexico with her adult lover.
9.00 **A Body in the Snow: The Trial of Karen Read** Police arrest Karen Read for the murder of her boyfriend.
10.00 **The Playboy Murders** A photographer is murdered right after shooting the 'Bunny of the Year' contest.
11.00 **Who Killed Biggie and Tupac?** Investigating who killed Biggie and Tupac.
12.00 M'T **Two Shallow Graves**
2.00 AM **I Am Homicide**
4.00 **to 6.00** AM **The Perfect Suspect**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **American Chopper**
10.00 **How It's Made: Dream Cars**
11.00 **G.A.S. Extreme Customs**
12.00 NOON **Shorty's Dream Shop**
5.00 PM **Planes That Never Flew** The history of 1950s icon the Lockheed F-104 Starfighter. **6.00** The story behind plans for an atomic bomber that failed to progress from the drawing board.
7.00 **Wheeler Dealers** Mike and Ant welcome a 1968 International Harvester Travelall to the workshop. **8.00** Mike and Ant work on a 1965 Dodge Coronet 500. **9.00** Mike and Edd work on a vintage 1916 Cadillac V8. **10.00** Mike and Edd aim to transform an old Chevy Corvair into a beach cruiser. **11.00** Mike tracks down a Lincoln Continental, which set new style standards for luxury sedans in the 1960s **12.00** M'T Mike searches for a 1957 Thunderbird.
1.00 **to 5.00** AM **American Chopper**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.20 AM **The Mountain** Comedy. (2024, PG, 89min) ★★★★
8.00 **The Lord of the Rings: The...**
10.20 **Sonic the Hedgehog 3** Fantasy adventure sequel. (2024, PG, 110min) ★★★
12.15 PM **The Surfer** As 8.00pm.
2.00 **Restless** As shown at 9.45pm.
3.40 PREMIERE **The Prosecutor**
5.45 **The Lord of the Rings: The War of the Rohirrim** Animated fantasy adventure. (2024, 12, 134min) ★★★★

11.25 The Prosecutor

8.00 **The Surfer** Thriller starring Nicolas Cage and Julian McMahon. A father returns to the beach of his childhood to surf, but is drawn into a conflict with local thugs. (2024, 15, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Restless** Dark thriller with Lyndsey Marshal. An empty nester's mundane life is upended when raucous new neighbours move in next door. (2024, 15, 89min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 PREMIERE **The Prosecutor** Hong Kong action thriller with Donnie Yen and Julian Cheung. Subtitled. (2024, 15, 117min)
1.30 AM **Gator Creek** Horror thriller starring Athena Strates. (2025, 15, 87min) ★
3.00 **Heart Eyes** Horror comedy. (2025, 15, 97min) ★★★★
4.40 **to 6.10** AM **Into the Wonderwoods** Animation. (2024, PG, 81min) ★★★

Sky Cinema Hits

303 303 403 503 517

7.30 AM **This Is 40** Comedy. (2012, 15, 135min) ★★★
9.50 **Blades of Glory** Comedy. (2007, 12, 93min) ★★★
11.35 **Bad Boys II** Action comedy sequel. (2003, 15) ★★★
2.05 PM **The Purge: Anarchy** Horror. (2014, 15) ★★★
3.55 **Beetlejuice Beetlejuice** Horror comedy sequel. (2024, 12, 105min) ★★★★
5.50 **Madame Web** Adventure. (2024, 12, 116min) ★★★

10.05 The Truman Show

8.00 **Inferno** Ron Howard's adaptation of Dan Brown's thriller, starring Tom Hanks and Felicity Jones. While suffering from amnesia, Professor Robert Langdon tries to stop a lethal virus from killing millions of people. (2016, 12, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **The Truman Show** Comedy starring Jim Carrey as the unwitting star of the world's longest running documentary soap opera. With Laura Linney, Natascha McElhone and Ed Harris. (1997, PG, 99min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Saturday Night Fever** Dance drama starring John Travolta. (1977, 18, 119min) ★★★★
2.00 AM **Bad Boys for Life** Action comedy sequel. (2020, 15, 124min) ★★★
4.05 **to 6.10** AM **Baywatch** Action comedy. (2017, 15, 121min) ★★

Sky Cinema Drama

310 310 410 510 524

6.30 AM **Ordinary Angels** (2024)
8.40 **Turtles All the Way Down**
10.45 **The Good Half** Comedy drama. (2023, 15, 96min) ★★★
12.35 PM **A Star Is Born** Drama. (2018, 15, 136min) ★★★★★
3.00 **The Great Escape** Adventure. (1963, PG, 166min) ★★★★★
6.00 **Freud's Last Session** Drama starring Anthony Hopkins. (2023, 12, 109min) ★★

8.00 **The Danish Girl** Period drama starring Eddie Redmayne and Alicia Vikander. An artist in 1920s Copenhagen becomes one of the first people to undergo sex reassignment surgery. (2015, 15, 117min) ★★★
10.15 **Aporia** Sci-fi drama starring Judy Greer and Edi Gathegi. A grieving widow faces an impossible choice after her former physicist reveals the discovery of a time machine. (2023, 15, 104min) ★★★★

12.15 AM **Ordinary Angels** Drama. (2024, 12, 113min) ★★★★
2.30 **Turtles All the Way Down** Drama starring Isabela Merced. (2024, 12, 111min) ★★★★
4.30 **to 6.30** AM **Nobody's Fool** Robert Benton's comedy drama. (1994, 15, 111min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.00 AM **Star Trek The Motion Picture** Sci-fi adventure. (1979, U, 132min) ★★★
8.10 **Star Trek II: The Wrath of Khan** Adventure. (1982, 12) ★★★★
10.05 **Star Trek III: The Search for Spock** Sci-fi adventure. (1984, PG, 105min) ★★
11.55 **Star Trek IV: The Voyage Home** Sci-fi adventure. (1986, PG, 119min) ★★★★

1.55 PM **Star Trek V: The Final Frontier** Sci-fi. (1989, PG) ★★
3.45 **Star Trek VI: The Undiscovered Country** Sci-fi adventure. (1991, PG, 109min) ★★★★
5.45 **Star Trek: Generations** Sci-fi adventure with Patrick Stewart. (1994, PG, 118min) ★★★
7.45 **Star Trek: First Contact** Sci-fi adventure starring Brent Spiner. (1996, 12, 110min) ★★★★
9.40 **Star Trek: Insurrection** Sci-fi adventure with Patrick Stewart. (1998, PG, 105min) ★★★

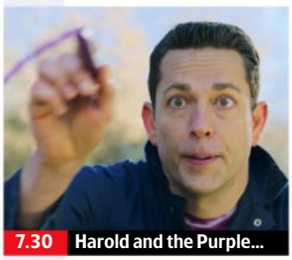
11.30 **Star Trek: Nemesis** Adventure. (2002, 12, 116min) ★★★
1.30 AM **Star Trek Into Darkness** Sci-fi action adventure. (2013, 12, 132min) ★★★★
3.45 **to 6.00** AM **Star Trek Beyond** Sci-fi adventure starring Chris Pine. (2016, 12, 122min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Back to School

306 306 406 506 519

6.00 AM **Sky Cinema Preview**
6.35 **Bookworm** Comedy. (2024, 12, 103min) ★★★★
8.35 **Finding Neverland** Drama. (2004, PG, 101min) ★★★★
10.25 **Harold and the Purple Crayon**
12.10 PM **The Polar Express** Animation. (2004, U) ★★★★
2.05 **How to Train Your Dragon** Animation. (2010, PG) ★★★★
4.00 **Home** As shown at 9.15pm.
5.45 **Monster House** Animation. (2006, PG, 91min) ★★★★


7.30 Harold and the Purple...

7.30 **Harold and the Purple Crayon** Adventure with Zachary Levi, Lil Rel Howery, Zooey Deschanel and Benjamin Bottani. (2024, PG, 87min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.15 **Home** Animated comedy featuring the voices of Jim Parsons and Rihanna. An alien on the run from his own people arrives on Earth and embarks on an adventure with a daring young woman. (2014, U, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Curious George** Animated children's adventure featuring the voice of Will Ferrell. (2006, U, 87min) ★★★★
12.40 AM **Scarygirl** Animated fantasy adventure featuring the voice of Anna Torv. (2023, PG, 90min) ★★★
2.15 **The Inventor** Animation. (2023, PG, 100min) ★★★
4.05 **to 6.00** AM **The Secret Garden** Family drama. (2020, PG, 99min) ★★★★

Sky Cinema Lord of the Rings

307 307 407 507 521

7.40 AM **The Lord of the Rings: The Two Towers** As 5.00pm.
10.40 **The Lord of the Rings: The Return of the King** (2003)
2.00 PM **The Lord of the Rings: The Fellowship of the Ring**
5.00 **The Lord of the Rings: The Two Towers** Epic fantasy adventure continuing JRR Tolkien's mythical saga. Stars Elijah Wood, Viggo Mortensen, Ian McKellen and Sean Astin. (2002, 12, 179min) ★★★★★

8.00 The Return of the King

8.00 **The Lord of the Rings: The Return of the King** Epic fantasy concluding Peter Jackson's trilogy based on JRR Tolkien's mythical saga. As the forces of good and evil contend in a battle before the citadel of Minas Tirith, Frodo Baggins nears the end of his perilous quest to destroy the magic ring of power. Stars Elijah Wood, Ian McKellen and Viggo Mortensen. (2003, 12, 201min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **The Lord of the Rings: The Fellowship of the Ring** Epic fantasy adventure based on the novel by JRR Tolkien. In the realm of Middle Earth, a young hobbit sets off on an epic quest to destroy a magical ring. Stars Elijah Wood. (2001, PG, 178min) ★★★★★
2.20 AM **The Lord of the Rings: The Two Towers** As 5.00pm.
5.20 **to 6.15** AM **Sky Cinema Preview**

Sky Cinema Comedy

308 308 408 508 522

7.25 AM **We're the Millers** Comedy. (2013, 15, 110min) ★★★★
9.20 **Mr Deeds** (2002, 12) ★★★
11.00 **Beverly Hills Cop II** Comedy sequel. (1987, 15, 99min) ★★★
12.50 PM **Scott Pilgrim vs. the World** (2010, 12) ★★★★
2.45 **The Men Who Stare at Goats** Comedy. (2009, 15) ★★★
4.25 **Bad Teacher** Comedy. (2011, 15, 92min) ★★★
6.10 **The Death of Stalin** Comedy. (2017, 15, 106min) ★★★★

6.10 The Death of Stalin

8.00 **HouseSitter** Romantic comedy starring Steve Martin and Goldie Hawn. A kooky waiter moves into an architect's dream house and pretends to be his wife. With Dana Delany. (1992, PG, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Anyone But You** Romantic comedy with Sydney Sweeney and Glen Powell. After a first date, a duo's attraction turns chilly, until they are reunited at a wedding. (2023, 15, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Wimbledon** Romantic comedy starring Paul Bettany. (2004, 12, 98min) ★★★
1.25 AM **Tropic Thunder** Spoof war movie starring Ben Stiller. (2008, 15, 107min) ★★★★
3.15 **'About Last Night...'** Comedy drama. (1986, 18, 113min) ★
5.10 **to 6.50** AM **My Big Fat Greek Wedding 2** Comedy sequel. (2016, 12, 94min) ★★

Sky Cinema Thriller

309 309 409 509 523

7.15 AM **Mona Lisa and the Blood Moon** Mystery thriller. (2021, 15, 106min) ★★★★
9.05 **The Day of the Jackal** Thriller. (1973, 15, 142min) ★★★★★
11.35 **The Firm** Legal thriller. (1993, 15, 155min) ★★★
2.10 PM **The Surfer** Thriller. (2024, 15, 100min) ★★★★
4.05 **Swordfish** Action thriller. (2001, 15, 99min) ★★★
6.00 **Patriot Games** Action thriller. (1992, 15, 116min) ★★★

10.30 Battle Royale

8.00 **The Island** Sci-fi thriller starring Ewan McGregor and Scarlett Johansson. In the year 2019, one of the inhabitants of a hermetically sealed facility makes a shattering discovery about the purpose of his existence. With Djimon Hounsou. (2005, 12, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **Battle Royale** Japanese thriller starring Takeshi Kitano. A group of school children on an island take part in a brutal game in which they must kill each other until only one survivor remains. Subtitled. (2000, 18, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Lawless** Crime drama. (2012, 18, 111min) ★★★★
2.35 **Rear Window** Classic Hitchcock thriller with James Stewart and Grace Kelly. (1954, PG, 112min) ★★★★★
4.35 **to 6.40** AM **Patriot Games**

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Patrick** Family comedy. (2018, PG, 94min) ★★★
12.50 PM **Muppets from Space** Sci-fi family comedy. (1999, U, 85min) ★★★
2.35 **Mr Popper's Penguins** Family comedy. (2011, PG) ★★★
4.25 **First Knight** Mythical drama. (1995, PG, 134min) ★★★
7.10 **The Old Man & the Gun** Fact-based crime drama. (2018, 12, 93min) ★★★★

9.00 Flamin' Hot

The Old Man & the Gun (film started at 7.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Flamin' Hot** Fact-based comedy drama starring Jesse Garcia. In the mid-1970s, a cleaner at a snack company suggests a spicy twist to one of the organisation's most popular lines. (2022, 12, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

10.55 **Meet the Fockers** Comedy sequel starring Robert De Niro, Ben Stiller, Dustin Hoffman and Barbra Streisand. (2004, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM

1.10 **to 3.35** AM **Shoplifters** Japanese drama starring Lily Franky. Subtitled. (2018, 15, 121min) ★★★★★

+1 hour 314 430 47 301 257

Sky Cinema 80s

302 302 402 502 516

7.05 AM **Sixteen Candles** Comedy. (1984, 12, 89min) ★★★
8.45 **Ferris Bueller's Day Off** (1986)
10.35 **The Golden Child** Adventure. (1986, PG, 93min) ★★
12.20 PM **Parenthood** Comedy. (1989, 15, 124min) ★★★★
2.30 **Twins** Action comedy. (1988, PG, 107min) ★★★
4.30 **48 Hrs** Thriller with Nick Nolte. (1982, 15, 97min) ★★★★★

6.15 **See No Evil, Hear No Evil** Comedy thriller starring Gene Wilder and Richard Pryor. (1989, 15, 107min) ★★★
8.00 **Beverly Hills Cop** Comedy thriller starring Eddie Murphy. (1984, 15, 105min) ★★★★
9.50 **Roxanne** Romantic comedy based on the famous story of Cyrano de Bergerac, starring Steve Martin as a big-nosed fire chief too shy to woo a beautiful astronomer. With Daryl Hannah. (1987, PG, 102min) ★★★★

11.40 **Ferris Bueller's Day Off** Teen comedy starring Matthew Broderick and Alan Ruck. (1986, 12, 103min) ★★★★
1.25 AM **See No Evil, Hear No Evil**
3.10 **Beverly Hills Cop** As 8.00pm.
5.00 **Sky Cinema Preview**
5.35 **to 7.25** AM **Roxanne** (1987)

Sky Cinema Greats

304 304 404 504 518

7.40 AM **Let's Dance** Musical. (1950, U, 112min) ★★
9.40 **The Quiet Man** Romantic drama. (1952, U, 129min) ★★★
11.50 **Brewster's Millions** As 6.15pm.
1.35 PM **Gorillas in the Mist** Drama starring Sigourney Weaver. (1988, 12, 124min) ★★★★
3.50 **The Great Gatsby** Romantic drama starring Robert Redford. (1974, 12, 146min) ★★★

6.15 **Brewster's Millions** Comedy starring Richard Pryor and John Candy. (1985, PG, 97min) ★★★
8.00 **Grease** Musical starring John Travolta and Olivia Newton-John. An Australian teenager at a 1950s California high school falls in love with the tough-talking leader of the T-Birds gang. (1978, PG, 110min) ★★★★
9.55 **Grease 2** Musical sequel starring Michelle Pfeiffer, Maxwell Caulfield and Adrian Zmed. (1982, PG, 109min) ★★

11.50 **Midnight Run** Comedy thriller starring Robert De Niro. (1988, 18, 122min) ★★★★
2.00 AM **Grease** As 8.00pm.
4.00 **The First Wives Club** Comedy starring Goldie Hawn. (1996, PG, 102min) ★★★
5.45 **to 7.40** AM **Grease 2** (1982)

Sky Cinema Animation

305 305 412 500 514

6.30 AM **DC Super Hero Girls: Legends of Atlantis** (2018)
7.55 **Hotel Transylvania** Animation. (2012, U, 91min) ★★★★
9.35 **Over the Hedge** Animation. (2006, U, 83min) ★★★★
11.05 **Madagascar: Escape 2 Africa** Animated adventure sequel. (2008, PG, 89min) ★★★
12.45 PM **Rugrats Go Wild** Animated comedy. (2003, U, 81min) ★★★

2.15 **Despicable Me** Animation. (2010, U, 94min) ★★★★
4.00 **Despicable Me 2** Animated sequel. (2013, U, 97min) ★★★
5.45 **Hotel Transylvania 2** Animated sequel. (2015, U, 89min) ★★★
7.20 **Barnyard** Animated family comedy. (2006, PG, 90min) ★
8.55 **Open Season** Animated comedy. (2006, PG, 86min) ★★★★
10.25 **The Prince of Egypt** Animated epic. (1998, U, 99min) ★★★★
12.10 AM **Boonie Bears: Guardian Code** (2023, PG) ★★★

1.50 **The Inseparables** Animation. (2023, U, 90min) ★★★
3.25 **DC Super Hero Girls: Legends of Atlantis** Animated adventure. (2018, PG, 75min) ★★★
4.45 **to 6.00** AM **The Swan Princess: The Secret of the Castle** Animation. (1997, U, 89min) ★★

Movies 24

312 313 419

7.00 AM **An Easter Bloom** Drama. (2024, PG, 84min) ★★
9.00 **Stepping into Love** Romantic drama. (2023, PG, 82min) ★★
11.00 **Spring Breakthrough** Drama. (2023, PG, 90min) ★★
1.00 PM **Pumpkin Everything** Comedy. (2022, PG, 84min) ★★
3.00 **PREMIERE** **Love at the Bootcamp** Romantic drama. (2024, PG, 90min) ★★

5.00 **A Paris Proposal** Romantic comedy. (2023, PG, 84min) ★★
7.00 **Moriah's Lighthouse** Romantic comedy starring Rachelle Lefevre. (2022, PG, 84min) ★★
9.00 **The Magic of Lemon Drops** Fantasy starring Lyndsy Fonseca and Ian Harding. A woman is given four magic lemon drops which let her see how her life would have been with different choices. (2024, PG, 84min) ★★
11.00 **CrimeTime: Freefall** Mystery drama. (2024, PG, 90min) ★★

1.00 AM **Scented with Love** Romantic drama with Rebecca Olson. (2022, PG, 83min) ★★
3.00 **to 5.00** AM **Sweet as Pie** Comedy starring Rhiannon Fish. (2022, PG, 93min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **The Greed of William Hart** Thriller. (1948, b/w, PG) ★★
7.30 **Ghost Town Law** Western. (1942, b/w, U, 62min) ★★
8.45 **Jack the Giant Killer** Fantasy adventure. (1961, U, 94min) ★★
10.35 **The Beverly Hillbillies** (S1)
11.10 **Suspect** Comedy thriller. (1960, b/w, PG, 81min) ★★
12.50 PM **Worzel Gummidge** (S3)
1.25 **Batman** 32/60. (S2)

2.00 **Stagecoach** Western remake. (1966, PG, 114min) ★★
4.20 **Look at Life** Documentary.
4.30 **The Vise** 9/39. (S1)
5.00 **The Footage Detectives**
6.00 **Dancing with Crime** Crime drama. (1946, PG, 83min) ★★
7.40 **Look at Life** Documentary.
8.00 **Memories of Making Sergeant Cork** With William Gaunt.
8.05 **Sergeant Cork** 1/13. (S1)
9.10 **At the Wheeltappers**
9.45 **The Blue Lagoon** Romantic adventure. (1980, 15, 101min) ★

11.55 **Up the Chastity Belt** Comedy. (1971, PG, 94min) ★★
1.45 AM **The Heritage Chart Show**
2.50 **Double X: The Name of the Game** Thriller. (1991, 15) ★
4.45 **Fighting Mad** Crime drama. (1957, b/w, U, 53min) ★★
5.50 **to 6.00** AM **Look at Life**

Sunday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports Catch Up**
7.00 **Goals on Sunday**
9.00 **The Sunday Supplement**
11.00 LIVE **SPFL Rangers v Celtic.** The first Old Firm derby of the season in the Scottish Premiership at Ibrox. Kick-off **12.00noon**.
1.00 PM LIVE **Premier League Brighton & Hove Albion v Manchester City.** Coverage of the top-flight match staged at the AMEX Stadium. Kick-off **2.00pm**.
4.00 LIVE **Super Sunday Liverpool v Arsenal.** Coverage of the Premier League match from Anfield. Liverpool won the title last season, with the Gunners finishing in second place, and both matches between the teams ended 2-2. Kick-off **4.30pm**.
6.45 LIVE **Super Sunday Aston Villa v Crystal Palace.** Coverage of the Premier League match at Villa Park. Kick-off **7.00pm**.
9.30 LIVE **US Open Tennis** Coverage of day eight of the Grand Slam at the USTA Billie Jean King National Tennis Center in Flushing Meadows, New York.
5.30 **to 6.00** AM **Sky Sports Catch Up**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **Premier League Highlights**
9.00 **The Sunday Supplement**
11.00 **Super Sunday Matchday**
1.00 PM LIVE **Super Sunday Nottingham Forest v West Ham United.** Coverage of the Premier League match from the City Ground. Kick-off **2.00pm**.
4.00 LIVE **Super Sunday Liverpool v Arsenal.** The Premier League clash at Anfield. Kick-off **4.30pm**.
6.45 LIVE **Super Sunday Aston Villa v Crystal Palace.** Coverage of the Premier League match staged at Villa Park. Palace had an excellent record against the Villans last term, claiming a win at Selhurst Park and a draw here in the league and also winning comfortably in both the Carabao Cup at home and in the semi-finals of the FA Cup at Wembley Stadium. Kick-off is at **7.00pm**.
9.30 **SNF** Highlights from Leeds United v Newcastle United.
10.00 **Premier League Highlights** Brighton v Manchester City.
10.30 **Premier League Highlights**
4.00 AM **PL Best Goals 09/10**
5.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Highlights**
9.15 **SPFL** Archive action.
10.15 **Old Firm Derby Best Goals**
10.45 **SPFL Greatest Games**
11.00 LIVE **SPFL Rangers v Celtic.** Coverage of the first Old Firm derby of the season in the Scottish Premiership staged at Ibrox. While it was Celtic who enjoyed the stronger campaign overall last term, Rangers are undefeated in the last three league meetings between the rivals, with the most recent of those a 1-1 draw here in May. Kick-off is at **12.00noon**.
3.00 PM **EFL Highlights**
7.00 **SPFL** Rangers v Celtic.
9.00 **EFL League One Goals**
9.30 **EFL League Two Goals**
10.00 **SPFL Highlights**
10.30 **EFL Highlights** Championship.
11.00 **EFL Greatest Games**
12.00 M'T **Old Firm Derby Best Goals**
12.30 AM **Edinburgh Derby Best Goals** Archive highlights.
1.00 **Craig Brown: My Scotland**
1.30 **There's Only One Sauzee**
2.00 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **Best Goals: EFL Cup 2022/23**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **The Hundred**
9.15 **The Hundred Bitesize**
10.00 **The Hundred** Men's eliminator.
1.30 PM **The Hundred Bitesize**
1.45 LIVE **The Hundred** Coverage of the women's final at Lord's, as the team that topped the table face the winners of the eliminator. After failing to reach the knockout stage in any of the previous three seasons, London Spirit overcame Welsh Fire by four wickets in last year's final. Start-time **2.15pm**.
5.15 **The Hundred Bitesize**
5.30 LIVE **The Hundred** Coverage of the men's final staged at Lord's, featuring the winners of the league stage and the team that prevailed in yesterday's Eliminator. Oval Invincibles retained the title after defeating Southern Brave by 17 runs in last year's final with the help of an excellent bowling display by England's Saqib Mahmood. Start-time **6.00pm**.
9.00 **The Hundred Bitesize**
10.00 **The Hundred** Women's final.
1.15 AM **The Hundred Bitesize**
2.00 **The Hundred** The men's final.
5.30 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **DP World Tour Golf**
7.00 **PGA Tour Champions**
7.30 **HotelPlanner Tour Golf**
8.00 **LPGA Tour Golf**
11.00 **Countdown to the Ryder Cup**
11.30 LIVE **DP World Tour Golf** Coverage of the fourth day of the Omega European Masters at Crans-sur-Sierre Golf Club.
4.30 PM **HotelPlanner Tour Golf**
5.00 **PGA Tour Champions**
6.00 **DP World Tour Golf**
7.00 **Tales from the Ryder Cup**
8.00 LIVE **LPGA Tour Golf** Coverage of day four of the FM Championship from TPC Boston.
11.00 **DP World Tour Golf**
12.00 M'T **Ryder Cup Memories**
1.00 AM **DP World Tour Golf**
2.00 **The Open Zone** Archive action.
3.00 **HotelPlanner Tour Golf**
3.30 **PGA Tour Champions**
4.00 **Ryder Cup Memories**
5.00 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **ATP Tour This Week**
6.30 **US Open Tennis** Day seven.
1.00 PM **US Open Tennis**
3.30 LIVE **US Open Tennis** Coverage of day eight of the Grand Slam at the USTA Billie Jean King National Tennis Center in Flushing Meadows, New York.
5.30 **to 6.00** AM **WTA Tennis**

Sky Sports Mix

416 412 510 429 449

6.30 AM **The Hundred Bitesize**
7.00 **PGA Tour Champions**
7.30 **HotelPlanner Tour Golf**
8.00 **Formula 1** Hungarian Grand Prix.
9.00 **The Hundred Bitesize**
9.15 LIVE **NRLW Gold Coast Titans v Parramatta Eels.** The women's rugby league match from Cbus Super Stadium. Kick-off **9.15am**.
11.00 **The Hundred Bitesize**
12.00 NOON **PGA Tour Golf**
1.00 PM **PGA Tour Champions**
2.00 **HotelPlanner Tour Golf**
2.30 **The Hundred Bitesize**
3.30 **Indycar** The Milwaukee Mile 250.
4.30 LIVE **Indy NXT** Coverage of the Music City Grand Prix staged at Nashville Superspeedway.
5.30 **LPGA Tour Golf**
8.30 **The Hundred Bitesize**
9.00 **Indycar** The Milwaukee Mile 250.
10.00 **Formula 1** Hungarian Grand Prix.
11.00 **PDC Classics** Archive action.
12.00 M'T **PL Greatest Games**
1.00 AM **PDC Classics**
2.00 **Formula 1** The Dutch Grand Prix.
3.00 **EFL Greatest Games**
4.00 **Ryder Cup Memories**
5.00 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **GB3 Championship**
7.00 **Formula 1** Dutch Grand Prix.
9.00 **F1 Features**
9.35 LIVE **F1 Academy** Coverage of the Dutch Grand Prix race two.
10.25 **F1 Features**
10.50 LIVE **Porsche Supercup** Coverage of the Dutch Grand Prix.
11.40 **F1 Features**
12.30 PM LIVE **Formula 1** The Dutch Grand Prix, the 15th round of the season, held at Circuit Zandvoort.
5.00 **Formula 1** The Dutch Grand Prix.
6.00 **F1 Academy Highlights**
7.00 LIVE **Indycar** The Borchetta Bourbon Music City Grand Prix.
10.00 **Formula 1** The Dutch Grand Prix.
11.00 **F1 Academy Highlights**
12.00 M'T **Indy NXT** Recent action.
1.00 **to 6.00** AM **The Home of F1**

TNT Sports 1

410 413 521 408 430

6.00 AM LIVE **AFLW Fremantle v North Melbourne Tasmanian Kangaroos.** Coverage of the match from Fremantle Oval in Perth. Bounce-up is at **6.05am**.
8.00 LIVE **AFLW Brisbane Lions v Carlton.** From Brighton Homes Arena. Bounce-up is at **8.05am**.
10.00 **Discovery Golf**
10.30 **MotoGP Rewind**
10.45 LIVE **Porsche Supercup** Coverage of the Dutch Grand Prix staged at Circuit Zandvoort.
11.45 **British Superbikes Rewind**
12.00 NOON **TNT Sports Reload**
12.30 PM **La Vuelta Men**
1.30 LIVE **Cycling: La Vuelta Men** Coverage of stage nine of the Grand Tour race, a 195.5km route.
5.00 **The Club That George Built**
6.30 **Serie A** Pisa v AS Roma.
7.30 LIVE **Serie A Inter Milan v Udinese.** The Italian top-flight game at San Siro. Kick-off **7.45pm**.
9.45 **The Boot Room Boys**
11.30 **TNT Sports Reload**
12.00 M'T LIVE **MLB** Coverage of a Major League Baseball match.
3.15 AM **MLB Plays of the Week**
3.45 **to 6.00** AM **MLB Classic**

TNT Sports 2

411 414 522 409 431

6.00 AM **La Vuelta Men**
7.00 **Premier League**
8.30 **Premier League Stories**
9.00 **Premier League: Big Interview**
9.30 **Serie A** Pisa v AS Roma.
10.30 **UCI Mountain Bike World Series** From Haute Savoie.
11.30 LIVE **UCI Mountain Bike World Series** Coverage of the women's XCO Elite in France.
2.00 PM LIVE **UCI Mountain Bike World Series** Coverage of the men's XCO Elite in Haute Savoie.
3.45 **TNT Sports Reload**
4.00 **MotoGP Highlights**
5.00 **MLB Plays of the Week**
5.30 **MLB Highlights**
6.30 LIVE **MLB New York Mets v Miami Marlins.** Coverage of the National League East match from Citi Field. Start-time **6.40pm**.
9.45 **TNT Sports Reload**
10.00 **Snooker Wuhan Open**
12.00 M'T **Serie A** Inter Milan v Udinese.
1.00 AM **Premier League Stories**
1.30 **TNT Sports Reload**
1.45 **Hard Knocks** NFL insight.
2.45 **Serie A** Action from Italy.
4.45 **UEFA Champions League**
5.00 **to 6.00** AM **Supertri E World Triathlon Championship**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **State of Origin Rugby League Highlights**
1.00 PM **Women's State of Origin**
2.00 **State of Origin Rugby League Highlights** Queensland Maroons v New South Wales Blues.
3.00 **Women's State of Origin**
4.00 **State of Origin Rugby League**
5.00 **Women's State of Origin** Highlights from New South Wales Sky Blues v Queensland Maroons.
6.00 **British and Irish Lions Tour** Action from the three-match Test series between South Africa and British & Irish Lions in 2021.
9.00 **British and Irish Lions Tour** Australia v British & Irish Lions in the three-match Test series.
12.00 M'T **State of Origin Rugby League Highlights** Queensland Maroons v New South Wales Blues in game one of the annual three-match series staged at Suncorp Stadium in Brisbane.
1.00 AM **Women's State of Origin**
2.00 **State of Origin Rugby League Highlights** Recent action.
3.00 **Women's State of Origin**
4.00 **State of Origin Rugby League**
5.00 **to 6.00** AM **Women's State of Origin**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports Catch Up**
7.00 **Goals on Sunday**
9.00 **The Sunday Supplement**
11.00 **Super Sunday Matchday**
12.30 PM LIVE **Formula 1** Coverage of the Dutch Grand Prix, the 15th round of the season at Circuit Zandvoort. Start-time **2.00pm**.
4.00 LIVE **US Open Tennis** Coverage of day eight of the Grand Slam staged at the USTA Billie Jean King National Tennis Center in Flushing Meadows, New York, where the fourth round is due to commence. Great Britain's Jack Draper was in action at this stage 12 months ago, as he recorded an impressive 6-3, 6-1, 6-2 win over Tomáš Machác to book his place in the quarter-finals. He was joined by the number five seed Daniil Medvedev who was in dominant form in his match against Nuno Borges as he triumphed 6-0, 6-1, 6-3.
12.00 M'T LIVE **US Open Tennis** Further coverage of day eight of the Grand Slam at the USTA Billie Jean King National Tennis Center in Flushing Meadows, New York.
2.00 **to 6.00** AM **Sky Sports News**

TNT Sports 3

413 415 523 410 432

6.00 AM **Onboard** Ocean Race.
6.30 **Ultimate Pool** Pairs Cup.
8.00 **Snooker Wuhan Open**
10.00 **TNT Sports Reload**
10.15 **Playing for Our Future**
11.30 **What I Wore** Emmanuel Petit.
12.00 NOON **CPL Highlights**
12.30 PM **MLB Highlights**
1.30 LIVE **Cycling: La Vuelta Men** Stage nine of the Grand Tour race.
5.00 LIVE **World Rally Championship** The Rally del Paraguay special stage 19.
7.15 **British Superbikes Highlights**
8.15 **Premier League Features**
9.00 **UCI Mountain Bike World Series**
10.00 **La Vuelta Men** The ninth stage.
11.00 **Hard Knocks** NFL insight.
12.00 M'T **Fishing: On the Bank**
1.00 AM **SailGP: Racing on the Edge**
1.30 **Onboard** Ocean Race.
2.00 **La Vuelta Men** The ninth stage.
3.00 **UCI Mountain Bike World Series**
4.00 **MotoE Highlights**
4.30 **to 6.00** AM **Ultimate Pool**

TNT Sports 4

414 416 524 411 434

6.00 AM **UCI Mountain Bike World Series** In Haute Savoie, France.
7.00 **MotoGP Highlights**
8.00 **MotoE Highlights**
8.30 **British Superbikes Highlights**
9.30 **La Vuelta Men** Stage eight.
10.30 **Fishing: On the Bank**
11.30 **Crouchy and Cole**
11.45 **World Rally Championship**
12.15 PM LIVE **World Rally Championship** The Rally del Paraguay special stage 16.
1.30 **CPL Highlights**
2.00 LIVE **World Rally Championship** The Rally del Paraguay special stages 17 & 18.
4.00 LIVE **CPL St Lucia Kings v Antigua & Barbuda Falcons.**
7.45 **TNT Sports Cricket Reload**
8.00 **SailGP** Highlights and features.
9.00 LIVE **MLB Los Angeles Dodgers v Arizona Diamondbacks.**
12.15 AM **UFC Reloaded**
4.30 **La Vuelta Men** The ninth stage.
5.30 **to 6.00** AM **TNT Sports Reload**

Premier Sports 1

419 551

6.00 AM **DTM Highlights**
7.00 **World Surf League**
8.00 **Ultimate Karting Championship**
9.00 **NASCAR Highlights**
10.00 **LaLiga** Valencia v Getafe.
12.00 NOON **Transworld Sport**
1.00 PM **LaLiga Specials**
1.15 LIVE **SPFL Dundee v Dundee United.** Coverage of the Scottish Premiership match at Dens Park. Kick-off is at **2.00pm**.
4.15 **LaLiga Match Highlights**
4.25 **Football's Greatest**
5.25 **LaLiga Match Highlights**
5.45 LIVE **LaLiga Real Betis v Athletic Bilbao.** K-o 6.00pm.
8.25 LIVE **LaLiga Rayo Vallecano v Barcelona.** From Campo de Fútbol de Vallecas. K-o **8.30pm**.
11.00 LIVE **Brasileiro Serie A Corinthians v Palmeiras.** Coverage from Arena Corinthians.
12.30 AM **Temples of Sport**
1.00 **Football's Greatest**
1.30 **to 6.00** AM **Argentine Primera**

Premier Sports 2

420 552

6.00 AM **Temples of Sport**
7.00 **NASCAR Xfinity Series**
10.00 **Bike World** Magazine.
10.30 **Top 14 Rugby Union Highlights**
11.30 **Eredivisie** A match replay.
1.25 PM LIVE **Eredivisie Sparta Rotterdam v Feyenoord.** From Sparta Stadion. Kick-off **1.30pm**.
3.30 **LaLiga Specials**
3.45 **LaLiga Match Highlights**
3.55 LIVE **LaLiga Celta Vigo v Villarreal.** From Estadio Abanca-Balaídos. Kick-off is at **4.00pm**.
5.55 **Bike World** Magazine.
6.25 LIVE **LaLiga Espanyol v Osasuna.** The Spanish top-flight match. Kick-off is at **6.30pm**.
8.30 **Football's Greatest**
9.00 **Bike World** Magazine.
9.30 **NASCAR Highlights**
10.30 LIVE **NASCAR** The Cook Out Southern 500 in South Carolina.
4.00 AM **Bike World** Magazine.
4.30 **FastZone** Motorsports highlights.
5.00 **to 6.00** AM **Temples of Sport**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Monday

1 September

Evening Planner

Monday

Thriller

The Guest
BBC1, 9pm (box set, BBC iPlayer)
Wales-set thriller about the toxic relationship between a career woman and her employee. Stars Eve Myles.

Documentary

Sitting Bull
Sky History, 9pm (box set, Sky Box Sets)
The story of the Native American chief who was determined to protect his people's land from settlers and the army.

OnDemand

prime

The Runarounds
Available today
Music drama about a group of teenagers who form a band with hopes of finding fame and fortune.

OnDemand

NETFLIX

It's Always Sunny in Philadelphia
Available today
As the comedy returns, the Paddy's Pub gang volunteer at an elementary school.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Panorama	8.30 Scam...	9.00 The Guest		10.00 News; Local News	10.40 Have I...
	102 BBC2	7.00 Cyber Siege...	7.30 Mastermind	8.00 Only Connect	8.30 University...	9.00 Disaster at Sea: The Piper Alpha Story		10.00 Upstart Crow	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 I Fought the Law		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Jamie: Eat Yourself Healthy		9.00 The Inheritance		10.00 The Jury Australia: Death on the...	
	105 5	7.00 Traffic Cops		8.00 Motorway Cops: Catching Britain's...		9.00 Fare Dodgers: At War with the Law		10.00 Cause of Death	
	106 SKY SHOWCASE	7.00 Transfer Deadline Day: Window...		8.00 Football's Funniest Moments		9.00 Film: Sherlock Holmes			
ENTERTAINMENT	115 BBC3	7.00 Horrible Histories		8.00 Stacey & Joe				10.00 Dear Viv	
	116 BBC4	7.00 Planet Earth		8.00 The Latest Secrets of Hieroglyphs		9.00 I Am Martin Parr			10.05 Martin Parr: Think of England...
	118 ITV2	◂ 6.30 Deal or No...	7.30 The Bachelor Australia			9.00 The Only Way Is Essex			10.05 Family Guy
	136 MORE4	◂ 6.55 Location, Location, Location		7.55 Grand Designs		9.00 Our Welsh Chapel Dream		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 First Dates		9.00 Celebs Go Dating		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Equalizer		9.00 Elsbeth		10.00 Blue Bloods	
	108 SKY ATLANTIC	◂ 6.50 Homicide: Life on the Street		7.55 Game of Thrones		9.00 The Undoing			
	110 U&GOLD	7.00 Dad's Army	7.40 Porridge		8.20 Blackadder the Third	9.00 Blackadder II	9.40 Not Going Out		10.20 The Office
	111 U&DAVE		7.05 Would I Lie to You?	7.45 Richard Osman's House of Games		9.00 Alison & Larry: Billericay to Barry		10.00 QI XL	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Grace				10.00 Law & Order: UK	
	120 ITV4	◂ 6.55 The Motorbike Show		7.55 The Chase Celebrity Special		9.00 Film: Lethal Weapon			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Iain Stirling's Roast the Internet		10.00 Jack Whitehall Live	
	139 SKY SCI-FI	7.00 Primeval		8.00 Stargate Atlantis		9.00 The Ark		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 Football's Funniest Moments		9.00 Freddie Down Under		10.00 Resident Alien	
	109 U&ALIBI	7.00 Body of Proof		8.00 Death in Paradise		9.00 Shakespeare & Hathaway: Private Investigators			
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu: Love Songs			9.15 André Rieu & the Dutch Royal Family		
	132 U&W	7.00 MasterChef Australia		8.00 Inside the Ambulance		9.00 Stacey Dooley Sleeps Over		10.00 One Born Every Minute	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers: Dream Car		8.00 Roadworthy Rescues		9.00 Mystery at Blind Frog Ranch		10.00 Salvage Dawgs	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Expedition Bigfoot		9.00 Bear Vs Shark		10.00 Weird, True and Freaky: Real Monsters	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Construction Fails		9.00 To Catch a Smuggler		10.00 Trafficked with Mariana Van Zeller	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 The Great British Dig: History in Your...		9.00 Sitting Bull			
	155 U&YESTERDAY	7.00 Turkey with Simon Reeve		8.00 Wilderness with Simon Reeve		9.00 Tropic of Cancer with Simon Reeve		10.00 Bangers & Cash: Restoring Classics	
	121 SKY DOCS	7.00 Spector		7.55 The Mortician		9.00 The Yogurt Shop Murders			
FILMS - Sky Cinema	301 PREMIERE	◂ 6.20 September 5		8.00 The Surfer			9.50 Restless		
	302 90s	◂ 6.00 Nobody's Fool		8.00 Schindler's List					
	303 HITS	◂ 6.00 Coming 2 America		8.00 Borat Subsequent Moviefilm			9.45 Tropic Thunder		
	304 GREATS	◂ 5.50 Superman II		8.00 Superman III				10.10 Superman IV – The Quest for...	
	305 ANIMATION	◂ 5.40 Home	7.25 The Nut Job			9.05 Rugrats in Paris			10.35 Open...
	306 BACK TO SCHOOL	◂ 5.45 Journey to...	7.30 Journey 2: The Mysterious Island				9.20 The Lego Ninjago Movie		
	307 ACTION	◂ 5.50 Bad Boys		8.00 Bad Boys II					10.30 Bad Boys...
	308 COMEDY	◂ 6.00 Mamma Mia!		8.00 Mamma Mia! Here We Go Again				10.00 The Holdovers	
	309 THRILLER	◂ 5.50 In the Line of Fire		8.00 The Da Vinci Code					10.35 Now You...
	310 DRAMA	◂ 5.00 Meet Joe Black		8.00 Grease				10.00 The Fisher King	
	311 MONSTERS	◂ 4.50 King Kong		8.00 Kong: Skull Island				10.00 Bram Stoker's Dracula	
	313 FILM4	◂ 6.00 Transformers: Dark of the Moon				9.00 A Time to Kill			
SPORT	401 MAIN EVENT	◂ 3.30 US Open Tennis – Live: Coverage of day nine of the Grand Slam							
	402 PREMIER LEAGUE	7.00 Transfer Deadline Day: Window Closed		8.00 The Transfer Show				10.00 PL Review	
	403 FOOTBALL	◂ 6.30 Bundesliga...	7.30 EFL Highlights		8.45 SPFL Highlights	9.15 EFL Highlights			
	405 CRICKET	◂ 5.00 The Hundred			8.30 Best of...	9.00 The Hundred			
	410 TNT SPORTS 1	◂ 6.00 EIPF World Championships Shootout – Live: Coverage of session two of the tournament							
	411 TNT SPORTS 2	◂ 6.30 MLB – Live: Boston Red Sox v Cleveland Guardians (Start-time 6.35)					9.45 UFC Reloaded		

◂ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **The Moment of Proof** (S)(R)(AD)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition A special edition from Bradford. (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Clean It, Fix It** New edition (S)
2.30 **Robson Green's Weekend Escapes** With Kacey Ainsworth. (S)(R)(AD)
3.00 **Escape to the Country** New edition From Kent. (S)
3.45 **The Travelling Auctioneers** New edition A book is found to contain a valuable surprise. (S)
4.30 **The Answer Run** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7 PM

7.00 **The One Show** Clara Amfo and Alex Jones present the topical show. (S)
7.30 **EastEnders** Patrick has a big decision to make, Kat desperately searches for Tommy, and Jack is shocked by Oscar's actions. (S)(AD)

8 PM

8.00 NEW **Panorama: The £170 Million Diamond Scam** Richard Bilton investigates how businessman Vashi Dominguez tricked investors. (S)
8.30 **Scam Interceptors** A scammer claims to be a senior manager at a bank. (S)(R)

9 PM

9.00 NEW SERIES **The Guest** 1/4. Psychological thriller with Gabrielle Creevy and Eve Myles. A shocking event leaves two very different women's lives intertwined by shared secrets. *See feature, page 6.* (S1) (S)(AD)
■ Entire series on BBC iPlayer

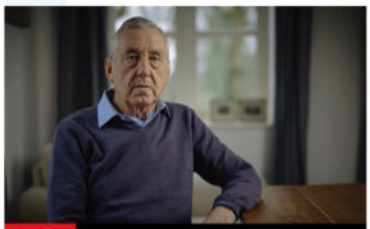
10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Have I Got News for You** Professor Hannah Fry hosts, with Carol Vorderman and Phil Wang joining team captains Ian Hislop and Paul Merton. (S)(R)
11.10 **This Country** 5/6. Kerry and Kurtan hold the fort while the vicar is away. (S)(R)(AD)
11.35 6/6. The annual harvest festival brings the whole village together. (S)(R)(AD)
12.10 AM **Destination X** 10/10. The remaining contenders attempt to decrypt further location clues while being misled. (S)(R)(AD)
1.10 **Weather for the Week Ahead** Seven-day forecast. (S)
1.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.45 AM **Sign Zone: Antiques Roadshow** From Belfast. (S)(R)
7.45 **Match of the Day** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Bridge of Lies** Game show. (S)(R)
2.30 **The Tournament** Quiz show. (S)(R)
3.15 **Fake or Fortune: What Happened Next?** (S)(R)(AD)
4.15 **New Zealand: Earth's Mythical Islands** 1/3. (S)(R)(AD)
5.15 **Flog It!** From the RAF Museum in Cosford, Shropshire. (S)(R)
6.00 **Richard Osman's House of Games** With guests Radzi Chinyanganya, Janet Ellis, Darren Harriott and Suzi Ruffell. (S)(R)
6.30 **Great Coastal Railway Journeys** Michael Portillo sets out to explore the shores of Britain. (S)(R)(AD)



9.00 Disaster at Sea

7.00 NEW **Cyber Siege: From Russia to Redcar** How a council was held to ransom by a cyber attack. (S)
7.30 **Mastermind** New edition Specialist subjects include Pierce Brosnan's tenure as James Bond. (S)

8.00 **Only Connect** New edition The Jive Bunnies take on the Sorcerers in a first-round match. (S)
8.30 **University Challenge** New edition The University of Lincoln take on Lancaster University in round one. (S)

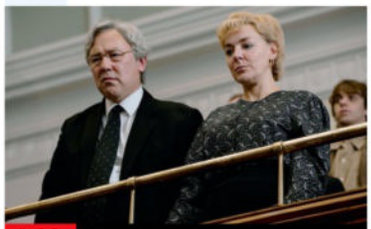
9.00 **Disaster at Sea: The Piper Alpha Story** New edition 2/3. With just 61 survivors after the disaster on the oil platform, grief turns to fury and the fight for justice and accountability begins. (S)(AD)
■ Entire series on BBC iPlayer

10.00 **Upstart Crow** *Love Is Not Love:* 4/6. Will senses literary immortality might be just around the corner. (S1) (S)(R)(AD)
10.30 **Newsnight** (S)
11.00 FILM **The Life and Death of Peter Sellers** Biopic starring Geoffrey Rush as legendary British comic Peter Sellers, following his rise from radio performer in late-1950s Britain to Hollywood movie star in the 1960s and 1970s. With Charlize Theron and Emily Watson. (S) (2004, 15, 115min) ★★★★
12.55 AM **Sign Zone: Countryfile** (S)(R)
1.50 **Sign Zone: Destination X** (S)(R)
2.50 **Sign Zone: MasterChef** (S)(R)(AD)
3.50 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and his team are in Stoke-on-Trent to assess items brought in by members of the public, including a ceramic cat bought in a charity shop just a few days earlier. (S)(R)(AD)
3.00 **Tenable** Adil Ray hosts the word-based quiz show. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)



9.00 I Fought the Law

7.30 **Emmerdale** Ray puts pressure on Dylan, April is in danger, while Tracy is feeling angry. (S)(AD)

8.00 **Coronation Street** Tracy angers Debbie with her remarks about Kevin, Carla seeks Betsy's blessing to ask an important question, Christina invites George for a drink, and a mediation session puts Theo in a bad mood. (S)(AD)

9.00 **I Fought the Law** New episode 2/4. Ann channels her grief into putting pressure on the police for answers, while also battling to save her marriage from crumbling under the strain. (S1) (S)(AD)
■ Entire series on ITVX

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Bodies of Evidence: The Butcher Surgeon** The extraordinary story of how Birmingham-based consultant breast surgeon Ian Paterson was able to perform unnecessary and damaging procedures on so many patients for so long. (S)(R)
12.00 M'T **Teleshopping**
3.00 AM **Cooking with the Stars** 3/6. With Natalie Cassidy, Jack Osbourne, Jordan North, Shaun Wright-Phillips, Hugh Dennis and Kelly Hoppen. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Jimmy's Taste of Florida** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.30 AM **The King of Queens** (S)(R)(AD)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 6-9/24. (S1) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New Orleans. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 NEW SERIES **Help! We Bought a Village** Former wine merchant Martine is determined to save the ghost village of Rabatana, Italy. (S)
5.00 **Chateau DIY** Edward rebuilds some rotten shutters. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** Sophie and Charlotte Rodriguez are on a mission to find the perfect home in Alicante for Richard and Leesa from Rochdale. (S)(R)

4.00 Help! We Bought a Village

7.00 **News** (S)

8.00 **Jamie: Eat Yourself Healthy** New edition 2/5. Jamie Oliver serves up meals packed with vitamins, fibre and iron, including a salmon traybake with harissa-spiced chickpeas and couscous, and chicken balls in vegetable broth. (S)(AD)

9.00 **The Inheritance** New edition 2/12. As suspicions start to circulate, the players are thrown into a physical challenge that forces them to round up animals on the Deceased's farm. (S)(AD)
■ Continues tomorrow

10.00 **The Jury Australia: Death on the Staircase** New edition 3/5. The prosecution calls medical experts who meticulously examined the crime scene and Carlo's corpse. (S)(AD)
■ Continues tomorrow
11.15 **Crime Scene Cleaners** Series finale 10/10. A shocking hoarding situation is uncovered. (S)
12.15 AM **White House Farm: Murder, Bloodline and Betrayal** (S)(R)
2.05 FILM **Maze Runner: The Death Cure** Sci-fi drama starring Dylan O'Brien and Ki Hong Lee. (S) (2018, 12, 140min) ★★★
4.25 **Kirstie's House of Craft** (S)(R)
4.40 **Hollyoaks Omnibus** (S)(SL)(R)
5.50 **to 6.30** AM **Countdown** (S)(R)

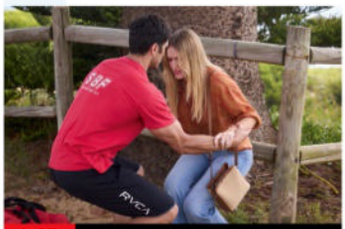
+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** Discussion. (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)
2.20 FILM PREMIERE **The Book Club Murders** Mystery drama starring Brittany Underwood. (S) (2024, PG, 100min) ★★
4.00 **All Creatures Great and Small** *Second Time Lucky*: 1/7. Big changes are happening at Skeldale. (S3) (S)(R)(AD)
5.00 **News** (S)
6.00 **Bargain-Loving Brits in the Sun** Natalie takes on her fourth job as a children's dance teacher. (S)(R)(AD)
6.55 **News** (S)


1.45 Home and Away

7.00 **Traffic Cops** An edition focusing on thieves and burglars. Officers are sent to investigate reports of a suspected break-in at a warehouse. (S)(R)
7.55 **News** (S)
8.00 **Motorway Cops: Catching Britain's Speeders** New edition Sgt Tom Elvidge tackles a spate of moped thefts, while PC Moff McEwan responds to a call about an HGV that has smashed into a railway bridge. (S)
9.00 **Fare Dodgers: At War with the Law** New edition A revenue protection manager co-ordinates a major operation to clamp down on fare evasion at Clapham. (S)
10.00 **Cause of Death** A man in his twenties, with seemingly everything to live for, is found dead at home after a night out, and Dr Adeley and his team must determine if anything suspicious is at play. (S)(R)
11.05 **Police 999: Clear & Present Danger** An officer apprehends a man in a moving vehicle. (S)(R)
12.05 AM **Police Interceptors** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **The World's Most Expensive Hotels** Caesars Palace. (S)(R)
3.50 **Friends** (S1) (S)(R)(AD)
4.40 **Me & My 10 Kids** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)(AD)
9.00 **Stargate Atlantis** (S4) (S)(R)
11.00 **Hope for Wildlife: The Next Generation** A bald eagle has lost its ability to fly, and a hummingbird has dangerously sticky wings. (S)(R)(AD)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S1) (S)(R)
3.00 **NCIS: Los Angeles** 16/21. The team receive a cryptic and urgent message. (S14) (S)(R)
4.00 **S.W.A.T.** 11/22. The team participate in a joint task force with the FBI. (S6) (S)(R)(AD)
5.00 LIVE **Football: Transfer Deadline Day – Countdown** The countdown is on to the 7pm cut off as teams look to wrap up their transfer business.

9.00 Sherlock Holmes

7.00 LIVE **Football: Transfer Deadline Day – Window Closed** The latest breaking news as the summer transfer window slams shut.
8.00 **Football's Funniest Moments** A look back at laugh-out-loud incidents from the world of Premier League football, including interviews with players, pundits and comedians. (S)(R)(AD)
9.00 FILM **Sherlock Holmes** Guy Ritchie's rollicking action adventure starring Robert Downey Jr and Jude Law. Sherlock Holmes and Dr Watson strive to foil a plot by a Satan-worshipping aristocrat to bring down Parliament and seize power. With Rachel McAdams, Mark Strong and Eddie Marsan. (S) (2009, 12, 128min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.20 **Curb Your Enthusiasm** 3/10. Larry tries to make amends with Michael. (S)(R) **11.55** 4/10. Larry inadvertently traumatises Sammy Greene at a dinner party. (S4) (S)(R)
12.30 AM **The Office (US)** (S2) (S)(R)
1.30 **Road Wars** (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 11/22. (S6) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
11.10pm Sportscene: SWPL Highlights (S)(R) **11.40** Scotcast (S)(R) **12.10am** This Country (S)(R)(AD) **12.35-1.10am** This Country (S)(R)(AD)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.40-11.10pm True North: Healy 1 England 0 – A Football Miracle New edition (S) **12.10-1.10am** Destination X (S)(R)(AD)

WALES
Sky **965**, Virgin **864**, Freesat **965**
8.30-9.00pm Chris Cooks Cymru (S)(R) **10.40-11.10pm** Rookie Cops (S)(R)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
10.00-10.30pm Gairdíní an Phobail (S)(R)

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Trysorau Cymru: Tir, Tai a Chyfrinachau (AD) **12.30** Heno **1.00** Mynyddoedd y Byd **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Triathlon Cymru – Aberllydan **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cartrefi Cymru **6.30** Sgwrs Dan y Lloer **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Colleen Ramsey: Bywyd a Bwyd **8.25** Garddio a Mwy New edition **8.55** Newyddion a'r Tywydd **9.00** NEW SERIES Teulu Shadog: Tymhorau'r Flwyddyn (AD) **9.28** Y Tywydd **9.30** Ralio: Pencampwriaeth Rali'r Byd – Paraguay **10.00** Sgorio **10.35** Ffasiwn Drefn (AD) **11.05-11.40pm** Cymry ar Gynfas

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Horrible Histories** A detective struggles to solve a series of murders in Emperor Caligula's house. **7.30** A Welsh prince from the Middle Ages endures a very stupid death.
7.55 **The Catch Up**
8.00 **Stacey & Joe** 5/6. Stacey and Rose celebrate their birthday at a safari park.
9.00 **Stacey & Joe** 6/6. The couple have to get their work commitments wrapped up before Christmas.
10.00 **Dear Viv** The life and legacy of *Drag Race UK* winner The Vivienne, who died aged 32 in January 2025.
11.00 FILM **Absolutely Fabulous: The Movie** Comedy with Joanna Lumley and Jennifer Saunders. (2016, 15, 91min) ★★★
12.25 AM **Angels of the North**
1.25 **Stacey Dooley: Meet the Shoplifters**
2.10 **Chloe Ayling: My Unbelievable Kidnapping**
2.55 **to 3.55** AM **Ashley Cain: Into the Danger Zone**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Planet Earth** Animals that live in deserts.
8.00 **The Latest Secrets of Hieroglyphs** Exploring the latest research into the creation of the ancient Egyptians' written language, following Egyptologists as they unlock the texts inscribed inside a tomb.
9.00 NEW **I Am Martin Parr** A profile of the photographer, following him on a road trip with his camera trigger finger always at the ready to capture the smallest details of everyday life.
10.05 **Martin Parr: Think of England – Modern Times** The photographer tries to define Englishness through the country's citizens.
10.55 **Timeshift: The Great British Seaside Holiday**
11.40 **Welsh Greats**
12.10 AM **Bouffants, Beehives and Bobs: The Hairstyles That Shaped Britain**
1.10 **Planet Earth**
2.05 **to 3.15** AM **I Am Martin Parr**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
10.30 **A Place in the Sun: Home or Away**
11.35 **A Place in the Sun**
12.35 PM **Come Dine with Me**
3.10 **Four in a Bed**
5.55 **Location, Location, Location** Kirstie and Phil help two couples looking for homes in Birmingham. **6.55** Ballet dancer Nicol and his brother Harry explore potential new homes in north-east London.
7.55 **Grand Designs** Kevin McCloud meets a couple planning to create a hybrid structure by slotting in an entirely new home within the walls of a 200-year-old former mill in Cumbria.
9.00 **Our Welsh Chapel Dream** With the chapel being unliveable for many more months, Keith and Marj have come up with a radical idea to sleep in a shipping container in their car park.
10.00 **24 Hours in A&E** A 50-year-old mechanical engineer is rushed in with a suspected heart attack.
11.05 **24 Hours in A&E**
12.10 AM **Royal Flying Doctors** Series finale 8/8. The entire RFDS crew are called to a catastrophic boat crash. (S2)
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **Brooklyn Nine-Nine**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** 7-10/24. (S4)
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons**
7.00 **Hollyoaks** Ahead of their plea hearing, Clare begs Grace to stick to the plan.
7.30 **The Simpsons** *The Secret War of Lisa Simpson:* Bart and Lisa enrol in a military academy.
8.00 **First Dates** A parliamentary assistant fears talking politics scares men away.
9.00 **Celebs Go Dating** New edition Mark wastes no time on his date with Deanne, as they share chips together.
10.00 **Gogglebox** Opinions on *Ratched, Council House Britain* and *Family Fortunes*.
11.05 **First Dates**
12.05 AM **The Big Bang Theory**
1.00 **The Simpsons**
1.35 **Brooklyn Nine-Nine**
2.25 **Celebs Go Dating**
3.20 **Gogglebox**
4.15 **Young Sheldon**
5.05 **to 6.00** AM **Modern Family**

+1 hr 235/236 306 30 123 256

Monday primetime primetime

MONDAY Entertainment

Monday

Sky Witness

107 107 110 341 356

6.00 AM **Motorway Patrol**
7.00 **Border Security: America's Front Line** Double bill.
8.00 **Border Patrol** Double bill.
9.00 **UK Border Force**
10.00 **Brit Cops: Law & Disorder**
11.00 **Bondi Rescue** Double bill.
12.00 NOON **FBI** 8/22. A teenager seeks protection. (S5)
1.00 PM **FBI: International** 7/22. The Fly Team investigate the kidnapping of a businessman's bodyguard and girlfriend. (S2)
2.00 **Caught on Dashcam**
4.00 **Nothing to Declare**

9.00 Elsbeth

7 PM
7.00 **Nothing to Declare** Drug detector dog Vulcan makes an amazing find. **7.30** Two men attempt to avoid luggage checks.

8 PM
8.00 **The Equalizer** *Vox Populi:* 16/18. Aunt Vi serves on a jury and is the only one who believes that the defendant is innocent. (S2)

9 PM
9.00 **Elsbeth** New episode *Four Body Problem:* 17/20. The conspiracy-minded nephew of a funeral home owner goes missing. (S2)

10 PM
10.00 **Blue Bloods** *Collision Course:* 14/21. Danny and Baez clash with a troubled foster child. (S13)
11.00 **Bull** 11/22. (S6)
12.00 M'T **New Amsterdam** (S5)
1.00 AM **The Equalizer** 15/18. (S2)
2.00 **The Rookie** New episode (S7)
3.00 **FBI: Most Wanted** New episode 4/22. (S6)
4.00 **Send in the Dogs**
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
7.00 **Fish Town**
8.00 **True Blood** 7&8/12. (S5)
10.05 **Westworld** 1&2/10. (S1)
12.20 PM **Game of Thrones** (S2)
1.25 **Babylon Berlin** 9&10/12. (S4)
3.35 **True Blood** 9/12. Eric plots his escape from the Authority. **4.40** 10/12. Jason discovers a scroll at gran's house. (S5)
5.45 **Homicide: Life on the Street** 1/9. Lewis and Crosetti expose a serial murderer. **6.50** 2/9. Bayliss takes charge of a harrowing first case. (S1)

9.00 The Undoing

7.55 **Game of Thrones** *The North Remembers:* 1/10. Robb Stark marches south to avenge his father, and Stannis Baratheon sets his sights on the Iron Throne. (S2)

9.00 **The Undoing** *Trial by Fury:* 5/6. As the first day of the trial gets underway, the prosecution presents shocking evidence.

10.15 **The Undoing** *The Bloody Truth:* 6/6. Haley walks an ethical tightrope in her defence strategy. (S1)
11.30 **The Time Traveler's Wife**
12.30 AM **The Sopranos** 5/13. (S2)
1.25 **The White Lotus** 7/7. (S2)
2.50 **The Leftovers** 10/10. Kevin comes clean to John. (S2)
4.10 **Game of Thrones** As 7.55pm.
5.10 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S1)
8.00 **The Blacklist** 8/22. (S9)
9.00 **Stargate Atlantis** (S4)
11.00 **SEAL Team** 3/20. (S3)
12.00 NOON **The Blacklist** (S9)
1.00 PM **Hawaii Five-0** (S1)
3.00 **NCIS: Los Angeles** (S14)
4.00 **S.W.A.T.** 11/22. The team participate in a joint task force with the FBI. (S6)
5.00 **SEAL Team** 2/20. The Serbian mission takes a turn. (S3)
6.00 **Stargate Atlantis** 17/20. The Wraith find their way to Midway Space Station. (S4)

10.00 Resident Alien

7.00 **Stargate Atlantis** *The Kindred – Part One:* 18/20. Dr Keller discovers a deadly protein. Guest stars Paul McGillion. (S4)

8.00 **Football's Funniest Moments** A look back at laugh-out-loud incidents from the world of Premier League football.

9.00 **Freddie Down Under** Andrew Flintoff plans a Valentine's Day surprise for Rob Penn at the top of Sydney Harbour Bridge.

10.00 **Resident Alien** *Ties That Bind:* 3/10. Harry and D'arcy fo somewhere unexpected to recover an alien device. (S4)
11.00 **Warrior** 3/10. Young Jun shares his worries with Ah Sahm about the new men Father Jun has brought over from China. (S2)
12.00 M'T **The Force: North East**
1.00 AM **Road Wars** Double bill.
3.00 **NCIS: Los Angeles** (S14)
4.00 **S.W.A.T.** 11/22. (S6)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.40 **Billie and Greg**
9.35 **The Only Way Is Essex**
10.15 **Real Housewives of Potomac**
11.10 **Real Housewives of New...**
12.05 PM **Dinner Date**
1.05 **Billie and Greg**
2.05 **The Only Way Is Essex**
3.05 **The Bachelor Australia**
4.05 **Real Housewives of Potomac**
5.00 **Real Housewives of New Jersey** Reality series.
6.00 **In for a Penny**
6.30 **Deal or No Deal**

9.00 The Only Way is Essex

7.30 **The Bachelor Australia** Series finale Jimmy's journey to find the love of his life comes to an epic conclusion in the Northern Territory as he makes a very big decision.

9.00 **The Only Way Is Essex** New edition Reality programme following a group of people in Essex.

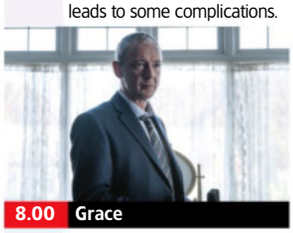
10.05 **Family Guy** 1/20. The Griffins go on a cruise. **10.35** 2/20. Brian and Ida's relationship goes through a change. (S18)
11.05 **Family Guy** 14&15/20. (S17)
12.05 AM **American Dad!** (S13)
1.05 **Bob's Burgers** 6/22. (S9)
1.35 **Plebs** 3/8. (S4)
2.05 **Olivia Attwood's Bad Boyfriends** Reality show.
3.00 **Teleshopping**
4.00 **to 4.30** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.05 **Midsomer Murders**
10.05 **The Royal** *Poison.*
11.10 **Heartbeat** Double bill.
1.20 PM **Classic Emmerdale**
2.25 **Classic Coronation Street**
3.30 **Doc Martin** *Going Bodmin:* First episode of the comedy drama starring Martin Clunes. **4.40** *Gentlemen Prefer:* The medic delivers bad news.
5.45 **Heartbeat** *For Better or Worse:* A road accident leads to some complications.


8.00 Grace

6.55 **Heartbeat** *Past Crimes:* A respectable bank manager is haunted by the past and Greengrass fixes a golf tournament.

8.00 **Grace** *Not Dead Yet:* A shocking attack on the Brighton music scene and a gruesome discovery on a pig farm force Grace to split his team to investigate both.

10.00 **Law & Order: UK** *Help:* 1/6. Brooks and Devlin investigate when a former top-flight footballer is murdered in London. (S4)
11.00 **Law & Order: UK** 2/6. A high-court judge is critically injured by a hitman. (S4)
12.00 M'T **Professor T** 6/6. The CID team blunder into a Drugs Squad operation. (S2)
1.00 AM **The Tower** 1/4. (S2)
2.00 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: Beechgrove Garden**
2.30 **Sign Zone: Island Crossings** Documentary.
3.30 **Sign Zone: Martin Compston's Scottish Fling** With Phil MacHugh.
4.00 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **Sportscene: SWPL Highlights** Action from the latest matches.
8.00 **The Travelling Auctioneers** A potentially valuable watch that time forgot.
8.30 **Grand Tours of Scotland's Rivers** Exploring the upper reaches of the River Tay.
9.00 NEW **Make It to Munich** A charity cycle ride from Glasgow to Munich.
10.00 **The Agency: Unfiltered**
11.00 **Scotcast** New edition
11.30 PM **to 12.00** M'T **Up for It** The comics play golf.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S1)
9.00 **The Conners** (S3)
10.00 **Sex and the City** (S3)
11.20 **Girls** 7&8/10. (S6)
12.30 PM **The Office (US)**
1.30 **The Conners** (S3)
2.30 **The Office (US)** (S2)
3.30 **Will & Grace** (S1)
4.30 **Sex and the City** (S3)
5.45 **The Office (US)** (S2)
6.45 **Will & Grace** (S1)
7.45 **Sex and the City** 14/18. The girls have their horizons broadened during a visit to LA. Guest stars Hugh Hefner. **8.25** 15/18. Samantha helps a 13-year-old plan the ultimate bat mitzvah. Guest stars Kat Dennings. (S3)
9.00 **Maisie Adam: Appraisal** The comedian performs at Harrogate Theatre.
10.30 **And Just Like That...**
11.25 **Entourage** 4-6/20. (S3)
1.00 AM **Veep** 1&2/10. (S5)
2.20 **Curb Your Enthusiasm**
3.40 **to 5.00** AM **Barry**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Darbar Festival**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the Unexpected**
2.00 **The Brontës by Anita Rani: Sisters of Disruption** Documentary.
3.00 **World War II & Cinema**
4.00 **The Directors**
5.00 **Discovering: Yul Brynner**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **André Rieu: Love Songs**
9.15 **André Rieu & the Dutch Royal Family**
11.15 **Academy of Ancient Music: Vivaldi's Four Seasons**
12.45 AM **National Theatre Live: The Crucible**
3.30 **Opera North's Resonance**
3.45 **to 6.00** AM **National Treasures**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S7)
6.00 **Star Trek: Voyager**
7.00 **Star Trek: The Next Generation** 19/22. (S2)
8.00 **Star Trek: Deep Space Nine** *The Visitor:* 3/26. Sisko suddenly disappears before his son Jake's eyes. (S4)
9.00 **FBI** 6&7/15. (S3)
11.00 **Grimm** 5/13. (S6)
12.00 M'T **Killer in My Village**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
2.00 **In with a Shout**
3.00 **Tenable** Double bill of the quiz show hosted by Warwick Davis.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Matt takes on the ruthless Banker.
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts as Ozzy takes on the ruthless Banker for the chance to win life-changing money.
9.00 **Who Wants to Be a Millionaire? Celebrity Special** With Stephen Fry and Jeanette Kwakye.
10.00 **Tipping Point** Triple bill of the game show.
12.50 AM **Who Wants to Be a Millionaire? Celebrity Special** As 9.00pm.
1.45 **to 2.00** AM **Unwind**

GREAT! tv

157 167 170 34 32

8.00 AM **Father Dowling Mysteries** 16/22. (S3)
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 1&2/24. (S4)
12.00 NOON **Highway to Heaven** 11/24. (S2)
1.00 PM **Father Dowling Mysteries** 21/22. (S3)
2.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** 7/22. Hawkeye reunites warring brothers. **8.30** 8/22. Part one of two. A soldier's father sends a camera. (S10)
9.00 FILM **The Terminal** Steven Spielberg's comedy drama starring Tom Hanks. (2004, 12, 129min) ★★★★
11.40 **The Avengers** (S5)
12.40 AM **M*A*S*H** (S1)
2.10 **Hart to Hart** 7/22. (S5)
3.05 **Crazy Like a Fox** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Best of the 80s**
6.10 **The Saint**
7.15 **Kojak** Double bill.
9.20 **Magnum, PI** Double bill.
11.25 **Robin of Sherwood**
12.30 PM **BattleBots**
1.30 **Kojak** Double bill.
3.40 **Magnum, PI** *Basket Case:* Thomas helps a basketball star. **4.45** *Birdman of Budapest:* A high school teacher is not all she seems to be.
5.50 **The Saint** *The Russian Prisoner:* A Russian physicist wants to defect to America.

6.55 The Motorbike Show

6.55 **The Motorbike Show** Henry Cole tours Majorca on a classic bike, and begins the restoration of a vintage Harley-Davidson.

7.55 **The Chase Celebrity Special** With guests Jasmine Harman, Helen Lederer, Jamie Borthwick and Neil Delamere.

9.00 FILM **Lethal Weapon** Action thriller starring Mel Gibson and Danny Glover. A volatile undercover cop and his unwilling new partner take on a vicious drugs gang. With Darlene Love. (1987, 15, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

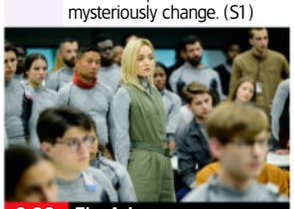
11.15 FILM **Cobra** Crime thriller starring Sylvester Stallone as a maverick cop on the trail of a serial killer. With Brigitte Nielsen. (1986, 18, 87min) ★★
12.50 AM **Motorsport UK**
1.45 **Two and a Half Men**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 7/26. (S1)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 15/20. (S1)
2.00 **Primeval** 9/10. (S3)
3.00 **Star Trek: Voyager** (S7)
4.00 **Stargate Atlantis** 19/20. (S3)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 7/26. The crew members' personalities mysteriously change. (S1)


9.00 The Ark

7.00 **Primeval** 9/10. A civilian is endangered when an anomaly releases a herd of stampeding rhinoceros-type beasts. (S3)

8.00 **Stargate Atlantis** *Vengeance:* 19/20. Sheppard stumbles upon a Wraith experiment to create giant insects. (S3)

9.00 **The Ark** *Everyone Wanted to Be on This Ship:* 1/12. Sci-fi drama. The crew of a spaceship must save the future of humanity. (S1)

10.00 **The Walking Dead** *The Rotten Core:* 14/24. Maggie, Lydia and Elijah help Aaron and Gabriel on a rescue mission. (S11)

11.00 **Wynonna Earp** 10/12. A deadly foe re-emerges in the Ghost River Triangle. **12.00** M'T 11/12. Wynonna and Waverly take two very different and dangerous paths. (S4)
1.00 AM **True Blood** 7&8/10. (S6)
3.00 **Wynonna Earp** As 12.00m't.
4.00 **Primeval** As 7.00pm.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S12)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 6/23. (S2)
11.00 **Hudson & Rex** 19/20. (S5)
12.00 NOON **Body of Proof** (S1)
1.00 PM **Death in Paradise** (S6)
2.00 **Murdoch Mysteries** (S12)
4.00 **The Mentalist** 6/23. Jane is arrested by Bosco. (S2)
5.00 **Hudson & Rex** 19/20. A police chief superintendent dies at a popular restaurant. (S5)
6.00 **Father Brown** *The Man in the Shadows:* The priest finds himself embroiled with MI5.

9.00 Shakespeare & Hathaway

7.00 **Body of Proof** *Pilot:* 1/9. Pilot episode of the crime drama. Neurosurgeon Megan Hunt gets a job as a coroner. (S1)

8.00 **Death in Paradise** *Murder in the Polls:* 8/8. A local mayoral election candidate is killed in the polling booth. (S6)

9.00 **Shakespeare & Hathaway: Private Investigators** 7/10. Frank and Lu investigate the death of an actor.

10.00 **Shakespeare & Hathaway: Private Investigators** 8/10. The duo investigate a case of paranormal activity. (S4)

11.00 **Father Brown** As 6.00pm.
12.00 M'T **White Collar** 7/16. Peter fights to clear an FBI agent accused of selling the locations of witnesses during trials. (S2)
1.00 AM **Death in Paradise**
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Highlights**
8.30 **Only Fools and Horses**
9.50 **Are You Being Served?**
10.30 **Porridge**
11.10 **Last of the Summer Wine**
12.30 PM **Don't Wait Up**
1.00 **Keeping Up Appearances**
1.40 **Dad's Army**
2.20 **Porridge**
3.00 **Last of the Summer Wine**
4.20 **Don't Wait Up**
5.00 **Still Open All Hours**
5.40 **The Green Green Grass**
6.20 **Are You Being Served?**

8.20 Blackadder the Third

7.00 **Dad's Army** The platoon compete for the honour of guarding Churchill.
7.40 **Porridge** Godber decides to enter the prison boxing championships.
8.20 **Blackadder the Third** The fearsome Duke of Wellington challenges Prince George to a duel.

9.00 **Blackadder II** Edmund and Lord Melchett are kidnapped by a master of disguise.
9.40 **Not Going Out** Lucy complains neither of the flatmates is man enough to quell a noisy neighbour.
10.20 **The Office** The first episode of the comedy.

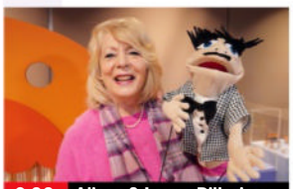
11.00 **Inside No 9**
11.35 **Blackadder the Third**
12.15 AM **Blackadder II**
12.55 **Not Going Out** As 9.40pm.
1.35 **The Office** As 10.20pm.
2.25 **Still Open All Hours**
2.55 **The Green Green Grass**
3.25 **to 4.00** AM **Not Going Out**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Pointless**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Railroad Australia**
12.00 NOON **Storage Hunters UK**
2.00 PM **Railroad Australia**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Long Weekends** The chef takes a culinary break in Bordeaux.
6.00 **Hairy Bikers' Best of British** Si King and Dave Myers explore how Mediterranean cuisine has taken a prominent place in British culinary culture.


9.00 Alison & Larry: Billericay...

7.05 **Would I Lie to You?** With Adrian Edmondson, Jordan Stephens, Claude Littner and Cariad Lloyd.
7.45 **Richard Osman's House of Games** With Gemma Cairney and Gabby Logan. **8.20** With Alex Brooker, Charlotte Hawkins, David Baddiel and Sophie Duker.

9.00 **Alison & Larry: Billericay to Barry** Alison and Larry get lost in the maze at Blenheim Palace and give puppet-making a try.

10.00 **QI XL** Greg Proops, David O'Doherty and Reginald D Hunter join regular panellist Alan Davies and host Stephen Fry.

11.00 **Taskmaster** Host Greg Davies sets the contestants a potato-throwing challenge.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **Hate Thy Neighbour**
2.45 **to 4.00** AM **Richard Osman's House of Games**

+1 hour 211/212 327 74 259

Monday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun: What Happened Next?**
2.00 **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **The Big Pound Shop Swap** A family from Northern Ireland swap supermarket favourites for bargain alternatives.
8.00 **Educating Yorkshire** Life at a secondary school in West Yorkshire.
9.00 **Gogglebox** Opinions on *The Masked Dancer*.
10.00 **First Dates** A reality TV star seeks some old-school romance.
11.00 **Celebrity Gogglebox**
12.05 AM **24 Hours in A&E**
1.05 **Gogglebox**
2.10 **The Dog House**
3.15 **999: On the Front Line**
4.10 **to 4.40** AM **Four in a Bed**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 17-19/24. (S7)
12.05 PM **Law & Order**
6.00 **NCIS** *Enemies Foreign:* 8/24. Part one of two. The team are ordered to protect Ziva's father. **7.00** *Enemies Domestic:* 9/24. Part two of two. The safe house is attacked. **8.00** *False Witness:* 10/24. A navy officer preparing to testify in a murder trial mysteriously goes missing. (S8)
9.00 NEW SERIES **Wild Cards** *The Infinity Thief:* 1/10. Police drama starring Vanessa Morgan and Giacomo Gianniotti. Con woman Max Mitchell cracks tricky cases with Detective Cole Ellis. (S1)
10.00 **Law & Order: Special Victims Unit** (S19&18)
1.50 AM **Blue Bloods** (S7)
2.45 **Criminal Minds** (S12)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** Paramedics rush to a 67-year-old with severe pains in her head.
9.00 **Ambulance: Code Red** A West Midlands critical care team are called to a road traffic accident.
10.00 **999: Critical Condition**
11.00 **Skin A&E** Documentary.
12.00 M'T **Cause of Death**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **The Resident** New episodes (S6)
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Trucking Hell**
10.15 **Traffic Cops**
11.15 **Police Interceptors**
1.10 PM FILM **Gunfight at the OK Corral** Classic Western starring Burt Lancaster and Kirk Douglas. (1956, PG, 122min) ★★★★
3.50 **Trucking Hell**
4.55 **Traffic Cops**
5.55 **Police Interceptors**
7.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
8.00 **Police Interceptors** Sarah deals with the aftermath of a brawl.
9.00 **Ice Road Truckers**
11.00 **MacGyver** 21/21. (S1)
12.00 M'T NEW SERIES **La Brea** *The Next Day:* 1/14. Sci-fi mystery with Natalie Zea. (S2)
12.55 AM **Coastguard: Search & Rescue SOS**
1.55 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **One Born Every Minute** Documentary.
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition The cooks must create a dish that would make a traditional Italian nonna proud.
8.00 **Inside the Ambulance**
9.00 **Stacey Dooley Sleeps Over** New edition 2/3. Stacey meets Barrie Drewitt-Barlow, an outspoken supporter of commercial surrogacy.
10.00 **One Born Every Minute**
12.00 M'T **Louis Theroux: The City Addicted to Crystal Meth**
1.00 AM **Interior Design Masters with Alan Carr**
2.15 **to 3.00** AM **Amanda & Alan's Italian Job**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **Soldier, Soldier**
8.30 **Doctors**
9.50 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
1.00 PM **Classic EastEnders**
2.20 **Soldier, Soldier**
3.20 **The Doctor Blake Mysteries** 6/8. (S4)
4.20 **London's Burning**
5.20 **'Allo 'Allo!**
6.00 **Waiting for God**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Brokenwood Mysteries** New episode *All Hallows Eve:* 3/6. A Halloween séance turns deadly when a participant is stabbed in a locked room. (S11)
10.00 **New Tricks** *Ghosts.*
11.20 **Spooks** 3/10. (S6)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.30 **Waiting for God**
3.00 **to 4.00** AM **Sister Boniface Mysteries**

+1 hr 243 316 60 260

SKY SKY STREAM | VIRGIN HD | FREEVIEW HD | FREESAT HD | FREELY | EE HD

MONDAY Entertainment

Really
142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Portugal.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip** Double bill.
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Paul Laidlaw and Natasha Raskin begin their trip on Scotland's west coast. **8.00** Natasha and Paul search for rare items in Cumbria.
9.00 **The Yorkshire Auction House** New edition Angus helps a woman turn her collection into a mind-boggling sum.
10.00 **The Yorkshire Auction House** Double bill.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase** Quiz show.
12.00 NOON **Celebrity Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Who Wants to Be a Millionaire? Olympic Special – Part One**
5.00 **The Bidding Room**
7.00 **The Chase Celebrity Special** With Sally Lindsay, Jenny Frost, Barry McGuigan and Shaun Williamson.
8.00 **The Chase** Double bill.
10.00 **Celebrity Who Wants to Be a Millionaire?** With Ann Widdecombe and Piers Morgan. **11.00** With Jerry Hall and Nicholas Owen.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 319 426 42 33

8.10 AM **Tombstone Territory**
8.40 **Wanted: Dead or Alive**
9.40 FILM **The War Lover** World War Two melodrama. (1962, b/w, PG, 105min) ★★★
12.00 NOON **Tombstone Territory** Western.
1.00 PM FILM **Once Upon a Texas Train** Western. (1987, PG, 100min) ★★
3.00 **Wanted: Dead or Alive**
4.00 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!**
7.00 **The Avengers** (S4)
8.00 **The New Avengers**
9.00 FILM **The Punisher** Thriller with Tom Jane and John Travolta. (2004, 18, 123min) ★★★
11.30 FILM **Redemption Day** Thriller with Andy Garcia. (2021, 15, 99min) ★★
1.40 AM **The Avengers** (S4)
2.40 **The New Avengers**
3.40 **to 5.00** AM **Cops Uncut**
+1hour 324

GREAT! movies
321 318 425 50 48

7.00 AM **Air Rescue**
8.00 **Saving Lives at Sea**
9.00 **Sue Thomas: F.B.Eye**
11.00 FILM **Lost Letter Mysteries: One in a Million** Crime drama. (2016, PG, 84min) ★★
1.00 PM FILM **A Daughter's Deception** Thriller. (2019, 12, 85min) ★★
2.55 FILM **The Midwife's Deception** Thriller. (2018, PG, 90min) ★★
5.00 FILM **Cradle Swapping** Drama. (2017, 12) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 FILM **Kill Command** Sci-fi action thriller. (2016, 15, 100min) ★★★
11.10 FILM **Paint by Murder** Thriller. (2018, PG) ★★
1.05 AM FILM **Dying for the Crown** Thriller. (2018, PG, 89min) ★★
3.00 **Air Rescue** Double bill.
4.00 **to 6.00** AM FILM **House of Deadly Secrets** Thriller. (2018, 12) ★★
+1hour 322

GREAT! romance
319 317 424 52 47

8.00 AM FILM **When Love Came to Town** Comedy. (2014, PG, 90min) ★★
10.10 FILM **Charm of Love** Drama. (2020, PG) ★★
12.05 PM FILM **Stepping into Love** Romantic drama. (2023, PG, 82min) ★★
2.00 FILM **Love Finds You in Valentine** Drama. (2016, PG, 87min) ★★
4.05 FILM **Forever in My Heart** Romantic drama. (2019, U, 90min) ★★
6.00 FILM **Aloha With Love** Romantic comedy. (2022, PG, 90min) ★★
8.00 FILM PREMIERE **Splash of Love** Comedy. (2022, U, 85min) ★★
9.55 FILM **Love, Bubbles & Crystal Cove** Drama. (2021, PG, 85min) ★★
11.50 FILM **Love on Retreat** Drama. (2023, PG) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Love Finds You in Valentine**
+1hour 320

Rewind TV
182 81 141

6.00 AM **Highlights**
10.00 **Bewitched** (S1)
10.30 **You're Only Young Twice**
11.00 **I Dream of Jeannie** (S1)
11.30 **Jokers Wild**
12.00 NOON **Please Sir!** (S3)
12.30 PM **Haggard** 6/7. (S1)
1.00 **From Here to Eternity**
3.00 **Mapp and Lucia** (S2)
4.00 **Born Free** 6/13. (S1)
5.00 **A Sharp Intake of...**
5.30 **You're Only Young Twice**
6.00 **The Monkees** (S1)
6.30 **I Dream of Jeannie** (S1)
7.00 **Carry On Laughing** (S1)
7.30 **Haggard** 6/7. (S1)
8.00 **Jokers Wild**
8.30 **A Sharp Intake of Breath** 2/3. (S3)
9.00 **Please Sir!** (S3)
9.30 **Brass** 4/13. (S2)
10.00 **Game On** 3/6. (S3)
10.35 **Stereo Underground**
11.35 **The Monkees** (S1)
12.05 AM **From Here to Eternity** 1/13. (S1)
2.05 **Brass** 4/13. (S2)
2.35 **to 6.00** AM **Highlights**

DMAX
159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Maine Cabin Masters**
12.00 NOON **Alaskan Bush People** Documentary.
1.00 PM **Edge of Alaska**
3.00 **Alaska: Homestead Rescue** Double bill.
6.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** The coldest weather in nearly a decade arrives. **8.00** Sean faces an engine room fire.
9.00 **Body Bizarre** Marc has to drink 20 litres of water every day or risks death. **10.00** Following seven-year-old twins who were born joined at the head.
11.00 **Mysteries of the Deep**
12.00 M'T **Speedway Grand Prix** From Poland.
12.30 AM **Wheeler Dealers**
1.00 **Naked and Afraid XL**
2.00 **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**
+1hour 259 369 153

Food Network
140/141 154 190 43 148 39

6.00 AM **Paul Hollywood: City Bakes** From LA.
7.00 **The Pioneer Woman**
8.00 **James Martin's French Adventure**
9.00 **River Cottage Veg**
10.00 **Hairy Bikers Go North**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
2.00 **James Martin's French Adventure**
3.00 **The Pioneer Woman**
4.00 NEW SERIES **The Pioneer Woman**
5.00 **River Cottage Veg**
6.00 **Hairy Bikers Go North**
7.00 **Great British Bake Off**
9.00 **Tom Kerridge's American Feast**
10.00 **James Martin's Great British Adventure**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1hour 240/241 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 15/24. (S8)
9.00 **The Fall Guy** 14/22. (S3)
10.00 **Charlie's Angels** (S1)
11.00 FILM **Primal Force** Sci-fi adventure. (1999, 15, 85min) ★
1.00 PM FILM **The Brink's Job** Crime comedy. (1978, PG, 103min) ★★★
3.00 FILM **Treasure Guards** Action adventure. (2011, PG, 90min) ★★
5.00 **Star Trek** 5/30. (S1)
6.00 **Charlie's Angels** (S1)
7.00 **The Fall Guy** 15/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 FILM **Drop Zone** Thriller starring Wesley Snipes. (1994, 15, 102min) ★★
11.00 FILM **Nowhere to Run** Romantic action thriller. (1993, 15, 95min) ★★
12.55 AM FILM **Man Down** Drama with Shia LaBeouf. (2015, 15, 90min) ★★
2.45 **to 4.50** AM FILM **The Medusa Touch** Horror. (1978, PG, 109min) ★★

Legend Xtra
317 316 171 69 138 51

6.00 AM FILM **Bigfoot** (2012)
8.00 FILM **Battle Star Wars** Sci-fi action drama. (2020, 12, 86min) ★
10.00 **Andromeda** 12/22. (S1)
11.00 **The Poseidon Adventure** 1&2/4.
1.00 PM FILM **The Pledge** Western. (2008, PG, 79min) ★★★
3.00 **Andromeda** 12/22. (S1)
4.00 **The A-Team** 7/13. (S5)
5.00 FILM **Bigfoot** Adventure. (2012, 12, 89min) ★★
7.00 **Andromeda** 13/22. (S1)
8.00 **The A-Team** 8/13. (S5)
9.00 FILM **Unfaithful** Thriller starring Diane Lane and Richard Gere. (2002, 15, 123min) ★★★★
11.25 FILM **While She Was Out** Thriller starring Kim Basinger and Lukas Haas. (2008, 18, 88min) ★★
1.10 **to 3.00** AM FILM **The Reptile** Hammer horror. (1966, 15, 86min) ★★★
+1hour 318 371 139

Blaze
164 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From Carlisle.
6.40 **Pawn Stars**
7.35 **Auction Hunters: Pawn Shop Edition**
8.00 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFO Hunters**
11.10 **Weird or What? With William Shatner**
12.10 PM **Mysteries from Above** Documentary.
1.05 **Pawn Stars**
2.05 **Junk and Disorderly**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFO Hunters**
7.00 **Junk and Disorderly**
8.00 **Dickinson's Real Deal**
9.00 **The Curse of Oak Island**
11.00 **Forbidden History**
12.00 M'T **Weird Britain**
1.00 AM **UFO Hunters**
2.00 **Ancient Aliens**
3.45 **Deep Water Salvage**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **Secrets of the Royal Palaces**
11.00 **Ben Fogle: New Lives in the Wild** Panama.
12.00 NOON **Elephant Hospital** Documentary.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
5.30 **The Yorkshire Vet**
6.00 **Secrets of the Royal Palaces** Double bill.
8.00 **Ben Fogle: New Lives in the Wild** Ben meets a former carpenter living in Iceland.
9.00 **Susan Calman's Grand Day Out** Susan explores Bridlington.
10.00 **Corfu: Jewel of the Med** Joanna Lumley narrates a profile of the island.
11.00 **Prisoner: Cell Block H**
1.00 AM **Dogs Behaving (Very) Badly**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home International**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **My Dream Derelict Home** From Derbyshire.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **My Dream Derelict Home** Transforming a Georgian mansion.
9.00 **Fixer Upper: The Lakehouse** Double bill.
10.00 **Celebrity IOU** New edition Sarah Silverman teams up with Jonathan and Drew Scott.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**
+1hour 258/262 391

TLC
133/134 139 165

7.00 AM **Extreme Couponing**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Breaking Amish**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Extreme Sisters**
8.00 **My Big Fat Fabulous Life**
9.00 **1000-lb Sisters**
10.00 **Baylen Out Loud**
11.00 **Body Bizarre**
12.00 M'T **I Was Bitten**
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **Baylen Out Loud**
3.00 **Body Bizarre**
4.00 **My Big Fat Fabulous Life** Documentary.
5.00 **to 6.00** AM **Extreme Couponing**
+1hour 233/234 365

Comedy Central
112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** 2&4/8. (S7)
10.00 **Last Man Standing**
11.00 **Everybody Loves Raymond** 17-20/25. (S7)
1.00 PM **Friends** (S1&2)
9.00 NEW SERIES **Iain Stirling's Roast the Internet** 1/8. Comedy show about the worst things on the internet, with guests Joe Thomas, London Hughes and Harriet Kemsley.
10.00 **Jack Whitehall Live** Stand-up performance.
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **Mike Judge's Beavis and Butt-Head**
1.00 AM **South Park** (S16)
2.00 **Broad City** (S5)
3.00 **Jeff Dunham: Me the People** Stand-up show.
3.45 **The Pep Talk**
3.50 **Your Face or Mine**
4.15 **to 5.00** AM **Friends**
+1hour 212/213 332

Comedy Cen. Extra
127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 7&8/14. (S5)
11.00 **Friends** 1-4/25. (S6)
1.00 PM **Impractical Jokers**
2.00 **Daria** 9&10/14. (S5)
3.00 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing** (S8)
7.00 **Everybody Loves Raymond** 17-20/25. (S7)
9.00 **New Girl** 2/24. Jess visits her ex-boyfriend. **9.30** 3/24. The flatmates attend a wedding. (S1)
10.00 **Friends** 17-22/24. (S1)
1.00 AM **Beavis and Butt-Head** (S8&4)
2.00 **Key & Peele**
3.00 **Whose Line Is It Anyway? USA**
3.45 **The Alasdair Beckett-King Mysteries**
4.30 **Out of Order**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay
152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Cops**
11.00 **Hold the Front Page**
12.00 NOON **Blood & Treasure** 12/13. (S2)
1.00 PM **Motorway Patrol**
2.00 **Border Security USA**
3.00 **UK Border Force**
4.00 **Highway Cops**
5.00 **Motorway Patrol**
6.00 **Blood & Treasure** (S2)
7.00 **SEAL Team** 1&2/22. (S1)
9.00 **Road Wars**
10.00 **The Force: Manchester**
11.00 **There's Something About Movies**
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own Road Trip: Southeast Asia**
2.00 **Duck Quacks Don't Echo** With Bob Mortimer.
3.00 **Road Wars**
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **16 and Pregnant**
7.15 **Teen Mom: The Next Chapter** Reality series.
8.00 **Catfish: The TV Show**
12.00 NOON **Catfish: The Dramatic**
1.00 PM **Catfish: The TV Show** Triple bill.
4.00 **Dallas Cowboys Cheerleaders**
6.00 **FriendZone**
7.00 **Teen Mom 2**
8.30 **Rich Kids, Skint Holiday**
9.00 **Skin A&E** Dr Adil Sheraz removes a giant lipoma.
10.00 **Ink Master: OGs vs. Young Guns** Series finale Some familiar faces return in a final twist.
11.00 **Dating Naked UK**
12.00 M'T **Ink Master Redemption** New edition
12.30 AM **Ridiculousness** New edition
1.00 **Ink Master** Double bill.
2.45 **Caught in the Act: Unfaithful**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **The Last Alaskans**
9.00 **Gold Rush** Documentary.
11.00 **Wheeler Dealers World Tour**
1.00 PM **Gold Divers** Double bill.
3.00 **Hoffman Family Gold**
5.00 **Building Off the Grid** A novice builder attempts to construct a cabin in Vermont's White River Valley.
6.00 **Baggage Battles** The bidders go to an airport in Indianapolis. **6.30** Billy and Mark have their eye on military items at an auction in Atlanta.

9.00 Mystery at Blind Frog...

7.00 Wheeler Dealers: Dream Car Mike and Elvis help teacher David hunt down his dream car – a classic VW Golf GTI.

8.00 Roadworthy Rescues Derek tracks down a 1937 Chevrolet Deluxe that has been off the road for 20 years.

9.00 Mystery at Blind Frog Ranch New edition Chad dives into an underwater passage that leads directly to the Keyhole Chamber.

10.00 Salvage Dawgs The Black Dog crew salvage the Izard House. **10.30** The crew salvage a cotton mill from the 1800s.

11.00 **Mystery at Blind Frog Ranch**
12.00 M'T **Moonshiners** Mark and Digger enlist a new member.
1.00 AM **Mystery at Blind Frog Ranch** Documentary.
2.00 **Salvage Dawgs** Double bill.
3.00 **Kindig Customs**
4.00 **to 5.00** AM **Expedition Bigfoot**

+1hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Extinct or Alive**
9.00 **Pit Bulls & Parolees**
10.00 **My Cat from Hell**
11.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **Pit Bulls & Parolees**
2.00 **Insane Pools: Off the Deep End** Double bill of editions.
4.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff helps a dog that was lost during a windstorm. **5.00** Dr Jeff and Dr Petra team up to save a cat hit by a car.
6.00 **Extinct or Alive** Searching for a trace of the great auk.

9.00 Bear Vs Shark

7.00 Treehouse Masters Pete Nelson and the team build a charming treehouse along the banks of the Mississippi.

8.00 Expedition Bigfoot The team continue their search for Bigfoot in the mountains of Kentucky.

9.00 Bear Vs Shark Bear Grylls gets up close and personal with sharks.

10.00 Weird, True and Freaky: Real Monsters The most ferocious attacks by the natural world's scariest predators.

11.00 **Crikey! It's the Irwins** Robert attempts the biggest Gator move in Australia Zoo history.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Weird, True and Freaky: Real Monsters** As 10.00pm.
2.00 **Treehouse Masters**
3.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Extinct or Alive**

+1hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Europe from Above**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Car S.O.S**
2.00 PM **Secret Nazi Science**
4.00 **Pirates: Behind the Legends** The story of Francis Drake.
5.00 **Car S.O.S** Tim and Fuzz go on a trip to Cambridgeshire to pick up their first supercar.
6.00 **Hitler's Last Stand** Canadian tank hunters fights off Nazi Panther tanks with only the weapons they can carry.

10.00 Trafficked

7.00 Air Crash Investigation A terror attack is suspected when a plane explodes seconds after taking off from New York.

8.00 Construction Fails New edition An overpass on a busy Philadelphia highway sets ablaze after a tanker truck rolls over.

9.00 To Catch a Smuggler New edition Agents in El Paso find a massive shipment of meth hidden in a train carriage.

10.00 Trafficked with Mariana Van Zeller New edition Mariana exposes fraudulent addiction centres that scam billions.

11.00 **Air Crash Investigation** Double bill of editions.
1.00 AM **To Catch a Smuggler: Tropical Takedown**
2.00 **Made in a Day**
2.30 **Lords of War** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Prairie Dog Dynasty**

+1hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Storage Hunters**
7.50 **American Pickers**
8.45 **Pawn Stars**
10.10 **Storage Wars**
12.00 NOON **Mysteries Unearthed with Danny Trejo**
1.00 PM **Holy Marvels with Dennis Quaid** New edition
2.00 **The Great British Dig: History in Your Back Garden**
3.00 **Treasures Decoded**
5.00 **WW2 Treasure Hunters: WW1 Special** A transit camp.
6.00 **American Pickers**

9.00 Sitting Bull

7.00 Forged in Fire Five novice smiths take part, and the two left standing must re-create a 16th-century weapon.

8.00 The Great British Dig: History in Your Back Garden A Victorian mill that was converted into a prisoner of war camp.

9.00 NEW SERIES Sitting Bull The life of Hunkpapa Lakota chief Sitting Bull. His story provides a new perspective on the United States as the nation rapidly evolved around the legendary figure.

11.00 **Holy Marvels with Dennis Quaid** The rituals surrounding death and the afterlife.
12.00 M'T **Haunted Hospitals** A patient is tormented.
12.55 AM **Mysteries Unearthed with Danny Trejo** The world's most significant discoveries.
1.50 **Sitting Bull** As 9.00pm.
3.40 **Pawn Stars** Documentary.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash**
10.00 **Nazi Hunters**
11.00 **War Factories**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **Nazi Hunters**
5.00 **War Factories** How car designer Ferdinand Porsche became an engineer.
6.00 **Antiques Roadshow** A return visit to the Sainsbury Centre for Visual Arts in Norwich.

10.00 Bangers and Cash...

7.00 Turkey with Simon Reeve Part two of two. Simon travels along the Black Sea Coast to the capital city of Ankara.

8.00 Wilderness with Simon Reeve The adventurer voyages across the Coral Triangle in the south-western Pacific.

9.00 Tropic of Cancer with Simon Reeve Simon witnesses the effect of extreme poverty on the people of Bangladesh.

10.00 Bangers & Cash: Restoring Classics Derek picks out a solid-looking 1969 MGB for the team to look out for at auction.

11.00 **Billy Connolly Does...** The comedian discusses everything from bedroom politics to the race to conquer space.
12.00 M'T **Find It, Fix It, Flog It** Creating a fish tank from scrap.
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Turkey with Simon Reeve**

+1hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Vintage Voltage**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Yorkshire Auction House**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried: Classic Cars** Featuring a Triumph TR6.
8.00 **Shed and Buried**
9.00 **Mike Brewer: Born Dealer** New edition Mike takes the family on a trip down memory lane, and finds new cars for his father and sister.
10.00 **Find It, Fix It, Drive It**
11.00 **How Do They Do It?**
1.00 AM **Fifth Gear**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes... UK**
7.00 **Say Yes to the Dress**
8.00 **Say Yes... Lancashire**
9.00 **Say Yes... UK**
10.00 **Say Yes to the Dress**
11.00 **Crime Stories**
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **On the Case...**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Documentary.
4.00 **American Monster**
6.00 **American Detective**
7.00 **Crime Stories**
8.00 **Murder on CCTV**
9.00 **On the Case with Paula Zahn** New edition
10.00 **The Detectives: My Killer Case** The crimes of Steve Wright.
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Fraud Squad** An organised crime gang try to swindle £13million.
8.00 **Killers: Caught on Camera** A jazz musician and his new girlfriend are killed a week apart.
9.00 **Bloodline Detectives** The case of a lorry driver who was found dead behind the wheel in Camberley, Surrey. **10.00** How DNA analysis captured a killer who avoided detection for over four decades.
11.00 **Britain's Countryside Killers** The case of teenager Alex Davies.
12.00 M'T **Cold Cases Reopened** True-crime.
1.00 AM **Bloodline Detectives** Double bill.
3.00 **Killers: Caught on Camera** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Evidence of Evil**
11.00 **The Hunt for the Chameleon Killer**
2.00 PM **Cold Cases Reopened** Double bill.
4.00 **Facing Evil** A mother who became a killer.
5.00 **Medical Detectives** Investigators use geographical profiling to close in on a serial rapist. **5.30** A building manager finds the body of a young woman in her first apartment. The case goes cold, then a new forensic tool examines the evidence. **6.00** Incriminating fibres lead investigators to the serial killer. **6.30** A murder victim's final moments are caught on tape.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Road Wars**
7.00 **Send in the Dogs**
8.00 **UK Border Force**
9.00 **The Force: Manchester**
10.00 **Caught on Dashcam**
11.00 **Snapped**
12.00 NOON **The Murders at Starved Rock**
1.10 PM **Britain's Most Evil Killers** True-crime.
2.05 **Killer in My Village**
3.00 **How I Caught the Killer**
4.00 **World's Most Evil Killers**
5.00 **Murdered at First Sight**
6.00 **Killer in My Village**
7.00 **Most Evil Killers**
9.00 **Fred West: The Glasgow Girls** 1-3/3. Police trace the crimes of Fred West.
12.00 M'T **Murder Uncut**
12.55 AM **How I Caught the...**
2.00 **Killer in My Village**
3.00 **Snapped**
4.00 **Border Security: Canada's Front Line**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **Impossible Peace**
9.45 **Women Under Hitler's Flag** As 7.25pm.
10.50 **Dad's Secret War: France 1944**
12.00 NOON **Hitler's Gold**
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **Impossible Peace**
2.50 **Women Under Hitler's Flag** As 7.25pm.
3.55 **Dad's Secret War: France 1944**
5.15 **Hitler's Gold**
6.15 **Impossible Peace**
7.25 **Women Under Hitler's Flag** Female participants in the Nazi regime.
8.35 **Dad's Secret War: France 1944**
9.50 **Hitler's Gold**
10.55 **Women Under Hitler's Flag** As 7.25pm.
12.00 M'T **Dad's Secret War: France 1944**
1.20 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **100 Foot Wave**
7.00 **Discovering: Michelle Pfeiffer**
8.00 **The Directors**
9.00 **The Seventies**
10.00 **Spector**
10.55 **The Mortician**
12.00 NOON **Dave Not Coming Back**
2.00 PM **FILM Dogtown and Z-Boys** Documentary narrated by Sean Penn. (2001, 15, 91min) ★★★
3.50 **My Icon: Michael Holding**
4.00 **Discovering: Michelle Pfeiffer**
5.00 **The Directors**
6.00 **The Seventies**
7.00 **Spector** 1/4. Documentary.
7.55 **The Mortician** 1/3. Documentary.
9.00 **The Yogurt Shop Murders** New edition 3/4. The police call in the suspects for new videotaped interrogations. **10.15** Series finale 4/4. A cold case detective continues to search for answers.
11.30 **Amsterdam Narcos**
12.30 AM **I Am Joe Frazier**
2.15 **100 Foot Wave**
3.15 **Master of Light**
5.00 **to 6.00** AM **Discovering: Hugh Grant**

Sky Nature

145 113/114 189 354 369

6.00 AM **Gangs of Lemur Island**
7.00 **Monkey Life**
8.00 **Africa's Hidden Kingdoms**
9.00 **Arabian Inferno**
10.00 **Dawn to Dusk**
11.00 **Hope for Wildlife: The Next Generation**
12.00 NOON **Into the Wild: India**
1.00 PM **Monkey Life**
2.00 **Africa's Hidden Kingdoms**
3.00 **Arabian Inferno**
4.00 **Dawn to Dusk**
5.00 **Land of Primates**
6.00 **Into the Wild: India**
7.00 **Monkey Life** Double bill.
8.00 **Coral City** Underwater footage of the marine life and seascapes of the Great Barrier Reef.
9.00 **Undiscovered Vistas**
10.00 **Into the Wild: India**
11.00 **Land of Primates**
12.00 M'T **Hope for Wildlife: The Next Generation**
1.00 AM **Gangs of Lemur Island**
2.00 **Coral City** As 8.00pm.
3.00 **Undiscovered Vistas**
4.00 **Africa's Hidden Kingdoms**
5.00 **to 6.00** AM **Arabian Inferno**

Sky History 2

163/168 143 186

6.00 AM **Life After People**
8.00 **History's Greatest Mysteries**
9.00 **The Abyss: Rise & Fall of the Nazis** Double bill of editions.
11.00 **Ancient Aliens**
1.00 PM **Craig Charles: UFO Conspiracies**
2.00 **Digging for Britain**
4.00 **Life After People**
6.00 **History's Greatest Mysteries**
7.00 **The Abyss: Rise & Fall of the Nazis** The story of how the Nazis conquered Germany in the wake of World War One. **8.00** A look at how the failed coup on 9 November 1923 eliminated Hitler's movement.
9.00 **Gangland Chronicles** A look at trafficking organisation Sinaloa. **9.30** How John Gotti rose as the new don of the Gambino family.
10.00 **Secrets of the Hells Angels** The world of the biker club.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Craig Charles: UFO Conspiracies**
2.00 **Digging for Britain**
4.00 **History's Greatest Aircraft**
5.00 **to 6.00** AM **Dirty Old Cars**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
8.00 **Killer Town**
9.00 **Murdertown**
10.00 **Buried in the Backyard**
11.00 **#Textmewhenyougethome**
12.00 NOON **A Perfect Scam**
1.00 PM **Somebody's Hiding...**
2.00 **Judge Rinder's Crime Stories**
3.00 **Cops Who Kill with Will Mellor**
4.00 **Murdertown**
5.00 **When Missing Turns to Murder**
6.00 **Imperfect Murder**
7.00 **An Hour to Kill**
8.00 **Somebody's Hiding Something** New edition A woman invited to a dinner party turns up dead on the other side of the city.
9.00 **When Missing Turns to Murder** New edition **10.00** Series finale
11.00 **Cold Case UK**
12.00 M'T **Somebody's Hiding...**
1.00 AM **When Missing Turns to...**
3.00 **Last Night Out** New edition
4.00 **When Missing Turns to Murder**
5.00 **to 6.00** AM **Buried in the...**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Hostile Planet**
10.00 **Monster Fish**
11.00 **Critter Fixers: Country Vets**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Critter Fixers: Country Vets**
3.00 **National Parks: USA**
4.00 **Secrets of the Zoo: North Carolina**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** A hidden camera captures the birth of a litter of wolves.
8.00 **Man v Monster** Richard Terry travels to Indonesia in search of a dangerous reptile.
9.00 **Predator in Paradise**
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **Animal Fight Club**
1.00 AM **Last of the Giants: Wild Fish** Fishing from the shore, Cyril hooks a motoro stingray.
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **World's Deadliest**

Discovery History

174 147 181 320 325

7.00 AM **Greatest Events of World War II** As shown at 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Ancient Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** How Earth's solar system was formed.
8.00 **Greatest Events of World War II** Colourised footage is used to tell the story of D-Day, one of the most significant events of World War Two.
9.00 **Paranormal Declassified** Paul Beban explores what could happen if there was a zombie apocalypse.
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **The Architecture the Railways Built** Four editions.
1.00 PM **The Architecture the Railways Built** Six editions.
7.00 **The Architecture the Railways Built** Tim Dunn explores railway ingenuity at Goole swing bridge in East Yorkshire and takes in Edinburgh Waverley from roof to underground vaults. **8.00** Tim discovers the story of how two competing Victorian railway companies shaped the city of Lincoln. **9.00** Tim discovers how railway architecture has been repurposed in Manchester. **10.00** Tim goes deep beneath the waves to explore the Channel Tunnel, stopping off at Ashford International to take in this underappreciated piece of 1990s railway architecture. **11.00** Tim gets to grips with his local station – London Bridge.
12.00 M'T **The Architecture the Railways Built** Six editions.
5.20 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 141 166

8.00 AM **The Killer in My Family**
9.00 **People Magazine Investigates**
11.00 **Southern Fried Homicide**
1.00 PM **True Conviction**
3.00 **The Perfect Murder**
5.00 **Primal Instinct**
7.00 **Broken Trust** A case in which a real-estate agent adhered to his wife's wish that her mother move into their home. What began as a compassionate gesture soon deteriorated into a bitter war of wills. **8.00** The case of financier Ken Germain, who was shot and killed by Colin Collea, who had lost more than $400,000 in investments with his victim.
9.00 **Faking It: Tears of a Crime** The story of 'Babes in the Wood' killer Russell Bishop.
10.00 **Andrew Tate: Icon or Toxic? A Faking It Special**
11.00 **On the Case with Paula Zahn**
12.00 M'T **The Curious Case of Natalia Grace: Natalia Speaks**
2.00 AM **Primal Instinct**
4.00 **to 6.00** AM **Broken Trust**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrapyard Dynasty**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Bad Chad Customs**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Outback Car Hunters**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **British Superbikes**
4.00 **Shorty's Dream Shop**
5.00 **Salvage Hunters: Classic Cars**
6.00 **Motor Pickers**
7.00 **Shed and Buried**
8.00 **Shorty's Dream Shop** A 1966 Chevy Impala convertible receives a full makeover.
9.00 **Richard Hammond's Workshop** Richard finds a classic Mini that needs restoring.
10.00 **Bad Chad Customs**
11.00 **Shed and Buried**
12.00 M'T **Shorty's Dream Shop**
1.00 AM **Outback Car Hunters**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers: Dream Car**
4.00 **to 5.00** AM **Gear Dogs**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.10 AM **Exhibiting Forgiveness** Drama. (2024, 15, 117min)
8.20 **The Lord of the Rings: The...**
10.40 **The Mountain** Comedy. (2024, PG, 89min) ★★★★
12.20 PM **Restless** As 9.50pm.
2.00 **The Prosecutor** As 1.10am.
4.00 **The Lord of the Rings: The War of the Rohirrim** Animated fantasy adventure. (2024, 12, 134min) ★★★★
6.20 **September 5** Thriller. (2024, 15, 95min) ★★★★

8.00 The Surfer

8.00 **The Surfer** Thriller starring Nicolas Cage and Julian McMahon. A father returns to the beach of his childhood to surf, but is drawn into a conflict with local thugs. (2024, 15, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Restless** Dark thriller with Lyndsey Marshal. An empty nester's mundane life is upended when raucous new neighbours move in next door. (2024, 15, 89min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Heart Eyes** Horror comedy starring Mason Gooding. (2025, 15, 97min) ★★★★
1.10 AM **The Prosecutor** Hong Kong thriller with Donnie Yen. Subtitled. (2024, 15, 117min)
3.10 **William Tell** Historical action drama starring Claes Bang. (2025, 15, 133min) ★★★
5.25 **to 7.00** AM **Gator Creek** Horror. (2025, 15, 87min) ★

Sky Cinema Hits

303 303 403 503 517

6.10 AM **The Nut Job** As 3.45am.
7.40 **Antz** As shown at 5.20am.
9.10 **David Brent: Life on the Road**
10.50 **The Woman in Black: Angel...**
12.35 PM **Terminator Salvation** Sci-fi action thriller sequel. (2009, 12, 110min) ★★★
2.35 **The Men Who Stare at Goats** Comedy. (2009, 15) ★★★
4.20 **David Brent: Life on the Road** Comedy. (2016, 15, 96min) ★★
6.00 **Coming 2 America** Comedy. (2021, 12, 108min) ★★★

9.45 Tropic Thunder

8.00 **Borat Subsequent Moviefilm** Mockumentary sequel with Sacha Baron Cohen. Borat returns to America intent on giving his 15-year-old daughter to the vice president. (2020, 15, 95min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Tropic Thunder** Spoof war movie co-written, directed by and starring Ben Stiller, co-starring Robert Downey Jr and Jack Black. (2008, 15, 107min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Hannibal** Chiller sequel to *The Silence of the Lambs*, starring Anthony Hopkins and Julianne Moore. (2001, 18, 131min) ★★★
1.55 AM **The Woman in Black: Angel of Death** Horror sequel starring Helen McCrory. (2014, 15, 95min) ★★★
3.45 **The Nut Job** Animation. (2014, U, 85min) ★★★
5.20 **to 6.50** AM **Antz** Animation. (1998, PG, 83min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.30 AM **The Fisher King** As 10pm.
8.50 **May December** Drama. (2023, 15, 117min) ★★★★
10.50 **The Danish Girl** Period drama. (2015, 15, 117min) ★★★
12.55 PM **Nobody's Fool** Comedy drama. (1994, 15, 111min) ★★★★
2.50 **A Good Person** Drama. (2022, 15, 129min) ★★★★
5.00 **Meet Joe Black** Drama. (1998, 12, 181min) ★★★★

8.00 **Grease** Musical starring John Travolta and Olivia Newton-John. An Australian teenager at a 1950s California high school falls in love with the tough-talking leader of the T-Birds gang. (1978, PG, 110min) ★★★★
10.00 **The Fisher King** Terry Gilliam's urban fable about a search for romance and redemption in New York. Stars Robin Williams, Jeff Bridges, Mercedes Ruehl and Amanda Plummer. (1991, 15, 137min) ★★★★★

12.20 AM **The Great Escaper** Drama. (2023, 12, 96min) ★★★★
2.00 **Flashdance** Dance drama. (1983, 15, 96min) ★★★
3.45 **Young at Heart** Musical. (1954, U, 117min) ★★★
5.55 **to 7.10** AM **Boy Meets Boy** Drama. (2021, 15, 75min) ★★★

Sky Cinema Monsters

311 311 411 511 525

6.00 AM **Jaws 3** Adventure thriller sequel. (1983, 12, 99min) ★★
7.45 **R.I.P.D** Fantasy. (2013, 12) ★★★
9.25 **The Meg** As 2.15am.
11.25 **Salem's Lot** Horror thriller. (2024, 15, 109min) ★★★
1.25 PM **Zombie Town** Horror comedy. (2023, 12, 92min) ★★
3.00 **Gremlins 2: The New Batch** Horror comedy fantasy sequel. (1990, 12, 107min) ★★★

4.50 **King Kong** Peter Jackson's monster movie remake. (2005, 12, 187min) ★★★★
8.00 **Kong: Skull Island** Action adventure starring Tom Hiddleston. A secret mission to a mysterious island descends into chaos when the wildlife proves far from welcoming. (2017, 12, 118min) ★★★★
10.00 **Bram Stoker's Dracula** Francis Ford Coppola's adaptation of the vampire novel, starring Gary Oldman. (1992, 18, 123min) ★★★

12.05 AM **The Invisible Man** Thriller. (2020, 15, 124min) ★★★★
2.15 **The Meg** Action thriller. (2018, 12, 113min) ★★★
4.10 **Ouija** Horror starring Olivia Cooke. (2014, 15, 87min) ★★
5.55 **to 6.15** AM **The Cinema List: Men in Black Films**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Back to School

306 306 406 506 519

6.00 AM **Sky Cinema Preview**
7.00 **The Lego Ninjago Movie**
8.55 **Curious George** Animation. (2006, U, 87min) ★★★★
10.35 **The Inventor** Animation. (2023, PG, 100min) ★★★
12.30 PM **The Cat in the Hat** (2003)
2.05 **The Secret Garden** (2020)
4.00 **Zathura: A Space Adventure** Fantasy. (2005, PG) ★★★★
5.45 **Journey to the Center of the Earth** Fantasy adventure. (2008, PG, 92min) ★★

4.00 Zathura: A Space...

7.30 **Journey 2: The Mysterious Island** Fantasy adventure sequel starring Dwayne Johnson. (2012, PG, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.20 **The Lego Ninjago Movie** Animated adventure with the voices of Jackie Chan Dave Franco and Fred Armisen. A teenager attempts to defeat his evil warlord father with the help of fellow ninjas. (2017, U, 101 min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **The Cat in the Hat** Comic fantasy starring Mike Myers. (2003, PG, 82min) ★★★★
12.45 AM **The Secret Garden** Family drama starring Colin Firth and Dixie Egerickx. (2020, PG, 99min) ★★★★
2.30 **Robin and the Hoods** Family comedy starring Naomie Harris. (2024, PG, 101 min) ★★
4.15 **to 6.05** AM **The Tiger Rising** Drama starring Dennis Quaid. (2022, PG, 102min) ★★★

Sky Cinema Action

307 307 407 507 521

6.15 AM **The Lord of the Rings: The Return of the King** Fantasy. (2003, 12, 201 min) ★★★★★
9.35 **Gods of Egypt** Fantasy. (2016, 12, 127min) ★★★
11.50 **The Dark Tower** Fantasy. (2017, 12, 95min) ★★
1.30 PM **The Mechanic** Action thriller. (2011, 15, 93min) ★★
3.05 **Troy** Epic historical drama. (2004, 15, 163min) ★★★
5.50 **Bad Boys** Action comedy. (1995, 15, 118min) ★★★

3.05 Troy

8.00 **Bad Boys II** Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. With Gabrielle Union, Joe Pantoliano, Jordi Mollà and Theresa Randle. (2003, 15, 147min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

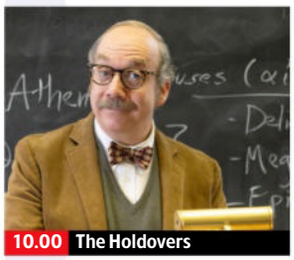
10.30 **Bad Boys: Ride or Die** Action comedy sequel starring Will Smith and Martin Lawrence. Miami cops Lowrey and Burnett go on the run to clear their late captain's name. (2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Charlie's Angels** Comedy thriller with Drew Barrymore, Cameron Diaz and Lucy Liu. (2000, 15, 97min) ★★★★
2.10 **Charlie's Angels: Full Throttle** Comedy thriller sequel. (2003, 12, 106min) ★★
4.00 **The Mechanic** As 1.30pm.
5.40 **to 7.20** AM **The Dark Tower**

Sky Cinema Comedy

308 308 408 508 522

6.50 AM **Dad's Army** Comedy. (1971, U, 95min) ★★★★
8.40 **Parenthood** Comedy drama. (1989, 15, 124min) ★★★★
10.45 **The Nutty Professor** Comedy. (1996, 12, 95min) ★★★
12.30 PM **Nutty Professor II: The Klumps** (2000, 12) ★★★
2.25 **HouseSitter** Romantic comedy. (1992, PG, 102min) ★★★
4.15 **Just Friends** (2005, 12) ★★
6.00 **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★


10.00 The Holdovers

8.00 **Mamma Mia! Here We Go Again** ABBA-themed musical sequel starring Amanda Seyfried and Lily James. The reopening of the Hotel Bella Donna leads to a reunion for Sophie's family. (2018, PG, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Holdovers** Comedy drama starring Paul Giamatti. A cranky history teacher at a remote prep school is forced to remain on campus over the Christmas holidays with a student. (2023, 15, 133min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Multiplicity** Fantasy. (1996, 12, 117min) ★★★
2.20 **My Big Fat Greek Wedding 2** Romantic comedy sequel. (2016, 12, 94min) ★★
4.00 **to 6.05** AM **Crazy Rich Asians** Romantic comedy. (2018, 12, 120min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.40 AM **The Day of the Jackal** Thriller starring Edward Fox. (1973, 15, 142min) ★★★★★
9.05 **Escape from Alcatraz** (1979)
11.00 **The Royal Hotel** As 2.30am.
12.45 PM **Every Breath You Take**
2.35 **False Positive** Horror thriller. (2021, 15, 92min) ★★
4.15 **Dead Shot** Action thriller. (2023, 15, 92min) ★★★
5.50 **In the Line of Fire** Thriller starring Clint Eastwood. (1993, 15, 127min) ★★★★

5.50 In the Line of Fire

8.00 **The Da Vinci Code** Conspiracy thriller based on Dan Brown's novel, starring Tom Hanks and Audrey Tautou. A Harvard professor and a French cryptographer solve a series of clues about the true nature of the Holy Grail while fleeing from the police and a murderous albino monk. (2006, 12, 149min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

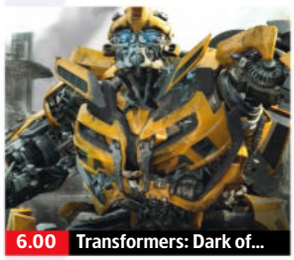
10.35 **Now You See Me** Heist thriller, starring Jesse Eisenberg, Mark Ruffalo and Woody Harrelson. (2013, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Escape from Alcatraz** Fact-based prison drama starring Clint Eastwood. (1979, 15, 112min) ★★★★
2.30 **The Royal Hotel** Thriller. (2023, 18, 91 min) ★★★
4.05 **to 6.10** AM **To Catch a Killer** Thriller with Shailene Woodley. (2023, 15, 119min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Little Women** Historical drama starring Saoirse Ronan. (2019, U, 135min) ★★★★★
1.40 PM **Carrington VC** Courtroom drama starring David Niven. (1954, b/w, PG, 106min) ★★★
3.50 **Storm Over the Nile** Adventure starring Anthony Steel. (1955, U, 107min) ★★★
6.00 **Transformers: Dark of the Moon** Sci-fi adventure sequel. (2011, 12, 154min) ★★★


6.00 Transformers: Dark of...

Transformers: Dark of the Moon (film started at 6.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **A Time to Kill** Courtroom drama based on John Grisham's novel, starring Matthew McConaughey, Sandra Bullock and Samuel L Jackson. A young lawyer defends a man who shot dead the Mississippi rednecks who raped his daughter. (1996, 15, 149min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.55 **Pig** Drama starring Nicolas Cage. A truffle hunter who lives alone in the wilderness must return to his past in search of his beloved foraging pig after she is kidnapped. (2021, 15, 92min) ★★★★
1.45 **to 3.55** AM **Orphans** Black comedy drama with Douglas Henshall and Gary Lewis. (1998, 18, 102min) ★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema 90s

302 302 402 502 516

7.25 AM **Nobody's Fool** As 6.00pm.
9.25 **A League of Their Own**
11.40 **Young Soul Rebels** Thriller. (1991, 18, 105min) ★★
1.30 PM **Jerry Maguire** Romantic comedy drama with Tom Cruise. (1996, 15, 139min) ★★★★
3.50 **A League of Their Own** Comedy drama starring Tom Hanks and Geena Davis. (1992, PG, 124min) ★★★★

6.00 **Nobody's Fool** Comedy drama starring Paul Newman, Melanie Griffith, Bruce Willis and Jessica Tandy. (1994, 15, 111 min) ★★★★
8.00 **Schindler's List** Steven Spielberg's Oscar-winning historical drama starring Liam Neeson, Ben Kingsley and Ralph Fiennes. An Austro-German businessman wheels and deals with the Nazis to save the lives of the 1,000 Polish Jews who work in his factory. (1993, 15, 195min) ★★★★★

11.15 **The Bodyguard** Romantic thriller with Whitney Houston and Kevin Costner. (1992, 15, 129min) ★★★
1.25 AM **Sleepers** Fact-based drama with Kevin Bacon and Robert De Niro. (1996, 18, 146min) ★★★
3.55 **Sky Cinema Preview**
4.50 **to 6.50** AM **Young Soul Rebels**

Sky Cinema Greats

304 304 404 504 518

7.40 AM **The Magnificent Seven**
9.50 **Royal Warriors** As 4.05am.
11.30 **Streetfighter** As 2.00am.
1.15 PM **The Magnificent Seven** Classic Western starring Yul Brynner and Steve McQueen. (1960, PG, 138min) ★★★★★
3.25 **Superman** Fantasy adventure. (1978, PG, 143min) ★★★★
5.50 **Superman II** Fantasy sequel. (1980, PG, 127min) ★★★

8.00 **Superman III** Fantasy sequel starring Christopher Reeve. Clark Kent alias Superman battles against a megalomaniac tycoon who is using a bumbling computer genius to plan the crime of the century. (1983, PG, 123min) ★★★
10.10 **Superman IV: The Quest for Peace** Fantasy adventure sequel starring Christopher Reeve. (1987, PG, 90min) ★
11.45 **Midnight Run** Comedy thriller. (1988, 18, 122min) ★★★★

2.00 AM **Streetfighter** Action drama starring Jean-Claude Van Damme. (1994, 12, 102min) ★★
3.50 **The Cinema List: Thriller**
4.05 **Royal Warriors** Action thriller. (1986, 18, 96min) ★★★
5.45 **to 7.20** AM **The Warriors** Thriller. (1979, 15, 94min) ★★★

Sky Cinema Animation

305 305 412 500 514

6.00 AM **Open Season: Scared Silly**
7.35 **Barnyard** (2006, PG) ★
9.15 **Despicable Me** Animation. (2010, U, 94min) ★★★★
11.00 **Despicable Me 2** Animated sequel. (2013, U, 97min) ★★★
12.45 PM **Hotel Transylvania 2** Animated comedy sequel. (2015, U, 89min) ★★★
2.25 **Open Season** Animation. (2006, PG, 86min) ★★★★

4.00 **Shrek** Animated comedy. (2001, U, 90min) ★★★★★
5.40 **Home** Animated adventure. (2014, U, 94min) ★★★
7.25 **The Nut Job** Animated family comedy. (2014, U, 85min) ★★★
9.05 **Rugrats in Paris** Animation. (2000, U, 79min) ★★★
10.35 **Open Season: Scared Silly** Animation. (2015, PG) ★★★
12.10 AM **The Swan Princess: The Secret of the Castle** Romantic animated adventure sequel. (1997, U, 89min) ★★

1.35 **Spirit: Stallion of the Cimarron** Animation. (2002, U) ★★★
3.15 **Sky Cinema Preview**
4.00 **The Nut Job** As 7.25pm.
5.30 **to 6.30** AM **Lego DC Comics Super Heroes: Justice League vs Bizarro League** Animation. (2015, U, 49min) ★★★

Movies 24

312 313 419

7.00 AM **Married By Mistake** Comedy. (2023, PG, 88min) ★★
9.00 **Haunted Wedding** Fantasy comedy. (2024, PG, 84min) ★★
11.00 **Love Marks the Spot** Adventure. (2023, PG, 86min) ★★
1.00 PM **Blind Date Book Club** Drama. (2024, PG, 90min) ★★
3.00 **Stepping into Love** Romantic drama starring Jenna Michno. (2023, PG, 82min) ★★

5.00 **Love On Your Doorstep** Romantic drama starring Stephanie Bennett and Darien Martin. (2023, PG, 86min) ★★
7.00 **Junebug** Fantasy drama with Autumn Reeser and Mila Jones. (2024, PG, 84min) ★★
9.00 **Love's Playlist** Romantic comedy drama starring Skye Coyne and Travis Laughlin. A music publishing worker is unaware her online romance is with a colleague she dislikes. (2023, PG, 85min) ★★

11.00 **Branching Out** Drama. (2024, PG, 90min) ★★
1.00 AM **Heartstrings Attached** Drama. (2024, PG, 90min) ★★
3.00 **to 5.00** AM **A Pinch of Portugal** Drama. (2023, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Johnny Ringo** 11/38. (S1)
6.35 **Someone at the Door** Comedy thriller. (1950, b/w, PG, 75min) ★
7.50 **Look at Life**
8.00 **The Professionals** Crime drama. (1960, b/w, 61 min) ★★★
9.15 **Phantom Ship** (1935, U) ★★★
10.30 **Look at Life**
10.40 **Snowball** (1960, b/w, U) ★★★
12.05 PM **Dick Barton at Bay** Spy adventure. (1950, b/w, U) ★★★

1.25 **Night Train for Inverness** Thriller. (1960, b/w, U, 69min) ★★★
2.45 **Ride in the Whirlwind** Western. (1966, PG, 83min) ★★
4.25 **The Beverly Hillbillies** (S2)
4.55 **Scotland Yard** 29/39. (S1)
5.30 **Bonanza** 30/32. (S1)
6.30 **The Vise** 9/39. (S1)
7.00 **The Footage Detectives**
8.00 **Public Eye** 10/13. (S7)
9.05 **The Nudist Story** Romantic comedy. (1960, 15, 90min) ★★★
10.55 **Hands of a Stranger** Chiller. (1962, PG, 95min) ★

12.35 AM **Element of Doubt** Thriller. (1996, 15, 100min) ★★
2.40 **The Ebb-Tide** (1998, PG) ★★★
4.35 **Murder at the Grange** Thriller. (1952, b/w, PG, 33min) ★★
5.10 **Look at Life**
5.25 **to 6.00** AM **The Life and Legend of Wyatt Earp**

Monday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports Catch Up**
7.00 **Transfer Deadline Day**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Deadline Day**
2.00 PM **Ryder Cup Captain's Picks** Team Europe captain Luke Donald announces his picks for the upcoming Ryder Cup at Bethpage.
3.00 **Transfer Deadline Day** The latest arrivals and departures across the football leagues.
3.30 LIVE **US Open Tennis** Coverage of day nine of the Grand Slam at the USTA Billie Jean King National Tennis Center in Flushing Meadows, New York, where the fourth round is scheduled to continue. Caroline Wozniacki saw her 2024 campaign come to an end in the fourth round when she lost 6-2, 3-6, 6-3 to Beatriz Haddad Maia, and home favourite Jessica Pegula was also eliminated as she was defeated 6-4, 6-2 by Diana Shnaider. In the men's tournament, there was an all-Australian contest between Alex de Minaur and Jordan Thompson, and it was the number 10 seed de Minaur who came out on top.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **Transfer 360**
7.00 **Transfer Deadline Day** Updates from the final day of the transfer window, as clubs look to add players to their squads.
10.00 **Sky Sports FC**
12.00 NOON **Transfer Deadline Day**
5.00 PM **Transfer Deadline Day: Countdown** The countdown is on to the 7pm cut off as teams look to wrap up their transfer business.
7.00 **Transfer Deadline Day: Window Closed** The latest breaking transfer news summer as the transfer window closes.
8.00 **The Transfer Show**
10.00 **Premier League Review** A look back at the weekend's action in the Premier League, featuring all of the goals, news and major talking points from the top flight.
11.00 **Transfer 360** Why Robbie Fowler left Liverpool for Leeds United.
11.30 **Netbusters** Recent action.
12.00 M'T **Premier League Review**
1.00 AM **PL Retro** Another chance to see Arsenal v Manchester United at Highbury in 1997.
3.00 **PL Greatest Games**
4.00 **PL Best Goals 2011/12**
5.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Championship Retro**
8.00 **Henrik Larsson: 20 Years On**
9.00 **SPFL Round-Up**
9.15 **SPFL Highlights** Rangers v Celtic.
9.45 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **Henrik Larsson: 20 Years On**
12.00 NOON **SPFL** Rangers v Celtic.
2.00 PM **EFL Highlights**
2.15 **SPFL Round-Up**
2.30 **SPFL Highlights**
3.00 **EFL Highlights** Championship.
4.45 **SPFL Round-Up**
5.00 **SPFL Highlights**
5.30 **EFL League One Goals**
6.00 **EFL League Two Goals**
6.30 **Bundesliga Highlights Show**
7.30 **EFL Highlights** Action from Blackburn Rovers v Norwich City. **7.45** Bristol City v Hull City. **8.00** Ipswich Town v Derby County. **8.15** Millwall v Wrexham.
8.30 **SPFL Round-Up**
8.45 **SPFL Highlights** Rangers v Celtic.
9.15 **EFL Highlights**
11.00 **EFL Greatest Games**
12.00 M'T **Jimmy Glass: Great Escape**
12.30 AM **EFL Rivalries**
2.00 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **Best Goals: EFL Cup 23/24**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **The Hundred** A replay of the women's final staged at Lord's.
9.15 **The Hundred Bitesize**
9.30 **Best of England v South Africa**
10.00 **The Hundred** Another chance to see the men's final at Lord's.
1.30 PM **One-Day International Cricket** England v West Indies in the first ODI in the three-match series at Edgbaston, Birmingham. **2.30** Highlights from England v West Indies in the second ODI in the three-match series staged at Sophia Gardens in Cardiff. **3.30** England v West Indies in the third and final ODI in the series from The Oval in Kennington.
4.30 **Best of England v South Africa**
5.00 **The Hundred** Another chance to see the men's final at Lord's.
8.30 **Best of England v South Africa** A game from the 2011 World Cup. **8.45** Highlights of the third Test between the sides from 2012.
9.00 **The Hundred** Another chance to see the women's final at Lord's.
12.15 AM **The Hundred Bitesize**
12.30 **One-Day International Cricket**
1.30 **Best of England v South Africa**
2.00 **The Hundred** Men's final replay.
5.30 **to 6.00** AM **Hundred Bitesize**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **DP World Tour Golf** Day four of the European Masters.
11.00 **My Ryder Cup** Player memories.
12.00 NOON **Europe! Europe!**
2.00 PM **Ryder Cup Captain's Picks**
3.00 **LPGA Tour Golf**
6.00 **Countdown to the Ryder Cup**
6.30 **DP World Tour Golf** The fourth day of the European Masters.
7.00 **Ryder Cup Captain's Picks** Team Europe captain Luke Donald announces his picks for the upcoming Ryder Cup at Bethpage.
8.00 **Ryder Cup 2023: Una Famiglia** A look back at Team Europe's victory in the biennial event.
10.00 **Legends Tour Golf** Action from the Grass & Co English Legends.
11.00 **Ryder Cup Captain's Picks**
12.00 M'T **Legends Tour Golf**
1.00 AM **My Ryder Cup**
2.00 **to 6.00** AM **DP World Tour Golf**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **WTA Tennis** Canadian Open.
6.30 **US Open Tennis** Action from day eight of the Grand Slam event.
3.30 PM LIVE **US Open Tennis** Coverage of day nine of the Grand Slam staged at the USTA Billie Jean King National Tennis Center in New York, where the fourth round is scheduled to continue.
5.30 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Premier League Review**
7.00 **Serie A** Pisa v AS Roma. **8.00** Inter Milan v Udinese.
9.00 **Premier League** Another chance to see Chelsea v Fulham.
10.30 **Premier League: Big Interview**
11.00 LIVE **IEPF World Championships Shootout** Coverage of the opening session.
4.00 PM **Under the Lights**
4.30 **Premier League Stories** Interview with Christian Benteke.
5.00 **Premier League Review** A look back at matchday three.
6.00 LIVE **IEPF World Championships Shootout** Coverage of the second session.
11.00 **Snooker** Highlights of day seven of the Wuhan Open staged at Wuhan Gymnasium in China.
1.00 AM **UCI Mountain Bike World Series** Action from the women's DHI final in Haute Savoie, France. **1.30** Highlights of the men's DHI Final in Haute Savoie, France. **2.00** Action from the women's XCO Elite in Haute Savoie, France. **2.30** Highlights of the men's XCO Elite in Haute Savoie, France.
3.00 **Fishing: On the Bank**
4.00 **to 6.00** AM **NWSL**

TNT Sports 2

411 414 522 409 431

6.00 AM **Snooker** Wuhan Open.
8.00 **SailGP – Racing on the Edge**
8.30 **Onboard** The Ocean Race.
9.00 **La Vuelta Men** The ninth stage.
10.00 **UCI Mountain Bike World Series** Action from the women's DHI final in Haute Savoie, France. **10.30** The men's DHI final. **11.00** Action from the women's XCO Elite in Haute Savoie, France. **11.30** The men's XCO Elite.
12.00 NOON **Premier League Review**
1.00 PM **MLB Highlights** Baseball.
2.00 **WNBA** Action from Golden State Valkyries v Washington Mystics.
3.00 **NWSL** Orlando Pride v Gotham. **4.00** Kansas City Current v North Carolina Courage.
5.00 **World Rally Championship** Day three of the Rally del Paraguay.
5.30 **MLB Highlights** Baseball.
6.30 LIVE **MLB Boston Red Sox v Cleveland Guardians.** Coverage of the American League match at Fenway Park, the first of a three-game series. Start-time **6.35pm**.
9.45 **UFC Reloaded** Eddie Alvarez v Rafael dos Anjos from July 2016.
11.30 **UFC Reloaded** Archive action.
3.45 AM **UFC Fight Flashback**
5.15 **to 6.00** AM **MLB Classic**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **British and Irish Lions Tour** British & Irish Lions v Argentina.
7.00 **The Rugby Championship** South Africa v Australia at Ellis Park Stadium in Johannesburg.
9.00 **The Rugby Championship** Another chance to see Argentina v New Zealand at Estadio Mario Alberto Kempes in Córdoba.
11.00 **Premier League Darts** A replay of night one staged in Belfast.
3.00 PM **The Rugby Championship** South Africa v Australia at Ellis Park Stadium in Johannesburg.
5.00 **The Rugby Championship** Another chance to see Argentina v New Zealand in the opening round of fixtures at Estadio Mario Alberto Kempes in Córdoba.
7.00 **British and Irish Lions Tour** British & Irish Lions v Argentina. **8.00** Western Force v British & Irish Lions at Perth Stadium.
9.00 **Premier League Darts** A replay of night one staged in Belfast.
1.00 AM **British and Irish Lions Tour**
2.00 **The Rugby Championship** South Africa v Australia at Ellis Park Stadium in Johannesburg.
4.00 **to 6.00** AM **The Rugby Championship**

Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports Catch Up**
7.00 **Transfer Deadline Day** Updates from the latest transfers ahead of the window's closing.
10.00 **Sky Sports FC**
12.00 NOON **Transfer Deadline Day**
3.30 PM LIVE **US Open Tennis** Coverage of day nine of the Grand Slam at the USTA Billie Jean King National Tennis Center in Flushing Meadows, New York, where the fourth round is scheduled to continue. Former world number one Caroline Wozniacki saw her 2024 campaign come to an end in the fourth round when she lost 6-2, 3-6, 6-3 to the 22nd seed Beatriz Haddad Maia.
12.00 M'T LIVE **US Open Tennis** Continued coverage of the ninth day in Flushing Meadows, New York, where the fourth round is scheduled to continue. At the corresponding stage last year, there was an all-Australian match between Alex de Minaur and Jordan Thompson, and it was the number 10 seed de Minaur who came out on top as he claimed a 6-0, 3-6, 6-3, 7-5 victory.
2.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Formula 1** Dutch Grand Prix.
8.00 **The Hundred** The women's final.
11.15 **The Rugby Championship** Argentina v New Zealand.
1.15 PM **Formula 1** Dutch Grand Prix.
2.15 **PL Greatest Games**
3.00 **The Rugby Championship** South Africa v Australia.
5.00 **The Hundred Bitesize**
6.00 **Formula 1** The Dutch Grand Prix.
7.00 **British and Irish Lions Tour** British & Irish Lions v Argentina.
8.00 **The Hundred Bitesize**
9.00 **Formula 1** Highlights of the Dutch Grand Prix at Circuit Zandvoort.
10.00 **PGA Tour Champions** Highlights from the Ally Challenge.
11.00 **DP World Tour Golf** The fourth day of the European Masters.
11.30 **Tour Golf Highlights** Action from the Dutch Futures.
12.00 M'T **PL Greatest Games**
1.00 AM **PDC Classics** Archive action.
3.00 **EFL Greatest Games**
4.00 **One-Day International Cricket**
5.00 **to 6.00** AM **Best of England v South Africa**

TNT Sports 3

413 415 523 410 432

6.00 AM **Formula E** Race highlights.
11.00 **World Rally Championship**
11.30 **SailGP – Racing on the Edge**
12.00 NOON **Cycling** Tour de France. **1.00** PM Tour de France Femme.
2.00 **Uphill Climb** Documentary.
2.45 **Playing for Our Future – Cycling**
3.00 **Premiership Rugby** Best tries.
3.30 LIVE **CPL Trinbago Knight Riders v St Kitts & Nevis Patriots.** The T20 match staged at Brian Lara Cricket Academy.
7.45 **The Gruppetto** Cycling action.
8.00 **WRC Review** Rally Paraguay.
9.00 LIVE **MLB Milwaukee Brewers v Philadelphia Phillies.** Coverage of the game at American Family Field. Start-time **9.10pm**.
12.15 AM **WNBA** Highlights.
1.15 **The Gruppetto** Cycling action.
1.30 **WRC Review** Rally Paraguay.
2.30 **Marathons** From Sydney.
3.30 **Fishing: On the Bank**
4.30 **SailGP: Racing on the Edge**
5.00 **to 6.00** AM **Champions League**

TNT Sports 4

414 416 524 411 434

6.00 AM **AFL** Another chance to see Sydney Swans v Brisbane Lions. **8.00** A chance to see Melbourne Demons v GWS Giants. **10.00** A chance to see Western Bulldogs v Collingwood Magpies.
12.00 NOON **AFL** A chance to see St Kilda Saints v Geelong Cats. **2.00** PM Replay of Fremantle Dockers v Sydney Swans.
4.00 **UCI Mountain Bike World Series** Action from the women's DHI final in Haute Savoie, France. **4.30** The men's DHI final. **5.00** The women's XCO Elite. **5.30** The men's XCO Elite.
6.00 **Marathons** From Sydney.
7.00 **The Football Archives: UEFA Champions League**
8.00 **La Vuelta Men** The ninth stage.
9.00 **Fishing: On the Bank**
10.00 **AFL** A replay of Essendon Bombers v Port Adelaide Power.
12.00 M'T **AFL** Match replays.
4.00 **to 6.00** AM **Snooker**

Premier Sports 1

419 551

6.00 AM **Motorsport** Recent action.
7.00 **World Surf League**
8.00 **Transworld Sport** Magazine.
9.00 **Motorsport** Drew Gibson.
10.00 **LaLiga Match Highlights**
11.30 **Sporting Greats**
12.00 NOON **LaLiga Specials**
1.00 PM **FIM Sidecarcross**
2.00 **DTM Highlights**
3.00 **Transworld Sport** Magazine.
4.00 **LaLiga** Another chance to see Real Oviedo v Real Sociedad.
6.00 **LaLiga Specials**
6.30 **World of FreeSports**
7.00 **Motorsport** Action from the Donegal International Rally.
8.00 **DTM Highlights**
9.00 **World Surf League**
10.00 **LaLiga Specials**
11.00 **Transworld Sport** Magazine.
12.00 M'T **Motorsport** Features.
1.30 AM **Ultimate Karting Championship** Highlights.
4.30 **World Surf League**
5.30 **to 6.00** AM **Motorsport**

Premier Sports 2

420 552

6.00 AM **Temples of Sport**
7.00 **NASCAR Trucks** The Sober or Slammer 200 from Darlington.
10.00 **Bike World** Magazine.
10.30 **FastZone** Motorsports highlights.
11.00 **Brasileiro Serie A** A chance to see Corinthians v Palmeiras.
1.00 PM **Argentine Primera** A chance to see Aldosivi v Boca Juniors.
3.00 **LaLiga** Another chance to see Alavés v Atlético Madrid.
5.00 **SPFL** A replay of Dundee v Dundee United at Dens Park.
7.00 **LaLiga** A replay of Valencia v Getafe at Mestalla Stadium.
9.00 **LaLiga** Another chance to see Rayo Vallecano v Barcelona.
11.00 **Eredivisie** Another chance to see PSV Eindhoven v Sportclub Telstar staged at Philips Stadion.
1.00 AM **Eredivisie** Sparta Rotterdam v Feyenoord at the Sparta Stadion.
3.00 **FastZone** Motorsports highlights.
3.30 **LaLiga Specials**
3.45 **to 6.00** AM **Champions Cup**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1** Another chance to see the Dutch Grand Prix.
10.30 **F1 Features**
11.00 **Formula 1** The Dutch Grand Prix opening practice session.
12.15 PM **F1 Features**
12.30 **Formula 1** The Dutch Grand Prix second practice session.
1.45 **F1 Features**
2.00 **The F1 Show** A look ahead to the Dutch Grand Prix.
3.00 **Formula 1** Action from the Dutch Grand Prix third practice session.
4.15 **F1 Features**
4.30 **Formula 1** A replay of the Dutch Grand Prix qualifying session.
6.30 **F1 Features**
7.00 **Formula 1** A replay of the Dutch Grand Prix, the 15th round of the season from Circuit Zandvoort.
9.15 **F1 Features**
10.00 **Formula 1** The Dutch Grand Prix.
11.00 **GT World Challenge Europe** The Three Hours of Nürburgring.
1.00 **to 6.00** AM **The Home of F1**

Tuesday

2 September

Evening Planner

Cricket

England v South Africa
Sky Sports Main Event & Sky Sports Cricket, play starts at 1pm
Headingley in Leeds is the venue for the first in the three-match ODI series.

Crime Drama

The Sunshine Murders
5, 2.20pm
Singer Peter Andre features as a forensic pathologist in this feature-length murder mystery set in Cyprus and Greece.

Cookery

The Great British Bake Off
C4, 8pm
Alison Hammond and Noel Fielding return to host the contest, with judges Paul Hollywood and Dame Prue Leith.

Reality

The Great British Sewing Bee
BBC1, 9pm
It's Movie Week for the sewers, who are tasked with creating horror costumes.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Repair Shop		9.00 The Great British Sewing Bee		10.00 News; Local News	10.40 Billion...
	102 BBC2	7.00 The Hairy Bikers Go West		8.00 Digging for Britain		9.00 Football's Financial Shame: The Story of the V11			10.35 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Midsomer Murders				10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 The Great British Bake Off			9.30 The Inheritance		10.35 The Jury...
	105 5	7.00 Coastal Adventures with Helen, Jules...		8.00 The Yorkshire Vet		9.00 Prince Andrew: On Trial			
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 Joe Lycett's United States of...		9.00 Never Mind the Buzzcocks			10.30 Resident Alien
ENTERTAINMENT	115 BBC3	7.00 Horrible Histories		8.00 Top Gear		9.00 Tommy: The Good. The Bad. The Fury		10.00 Film: Legend	
	116 BBC4	7.00 Planet Earth		8.00 The Good Life	8.30 Yes, Minister	9.00 Arena: The Peter Sellers Story			
	118 ITV2	7.00 Deal or No Deal: Celebrity Special		8.00 The 1% Club		9.00 Sam and Billie: Sister Act		10.00 Family Guy	
	136 MORE4	◂ 6.55 Location, Location, Location		7.55 Grand Designs		9.00 24 Hours in Police Custody: Lost Boys		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 First Dates		9.00 Celebs Go Dating		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Equalizer		9.00 The Rookie		10.00 FBI: Most Wanted	
	108 SKY ATLANTIC	◂ 6.50 Homicide: Life on the Street		7.55 Game of Thrones		9.00 Gomorrah			
	110 U&GOLD	7.00 Dad's Army	7.40 Porridge		8.20 Blackadder II		9.35 The Office		
	111 U&DAVE	7.00 Would I Lie to You?	7.35 Richard Osman's House of Games			9.00 Have I Got a Bit More News for You		10.00 Dave Gorman: Modern Life Is Goodish	
	119 ITV3	◂ 6.50 Heartbeat		8.00 Endeavour				10.00 Law & Order: UK	
	120 ITV4	7.00 World Rally Championship Highlights		8.00 Cycling: Tour of Britain Highlights		9.00 Film: Lethal Weapon 2			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: White Chicks			
	139 SKY SCI-FI	7.00 Primeval		8.00 Stargate Atlantis		9.00 The Ark		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 Joe Lycett's United States of...		9.00 From		10.00 Resident Alien	
	109 U&ALIBI	7.00 Body of Proof		8.00 Death in Paradise				10.00 Mudtown	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Stories from Tate Britain		9.00 Stories from the National Portrait...		10.00 The Lost Music of Auschwitz	
	132 U&W	7.00 MasterChef Australia		8.00 Inside the Ambulance		9.00 One Born Every Minute			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers: Dream Car		8.00 Roadworthy Rescues		9.00 Deadliest Catch		10.00 Gold Divers	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Guardians of the Glades		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Apocalypse: Hitler Takes On The East				10.00 Lost Ships of WW2	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Bone Detectives		9.00 History's Most Shocking		10.00 History's Greatest Mysteries	
	155 U&YESTERDAY	7.00 Australia with Simon Reeve		8.00 Flipping Bangers		9.00 Bangers & Cash		10.00 Bangers & Cash: Restoring Classics	
	121 SKY DOCS	7.00 Spector		7.55 The Mortician		9.00 The Body Next Door			
FILMS – Sky Cinema	301 PREMIERE	◂ 6.00 Sonic the Hedgehog 3		8.00 Restless			9.40 The Prosecutor		
	302 90s	◂ 5.35 The Shawshank Redemption		8.00 Saving Private Ryan					
	303 HITS	◂ 5.20 There Will Be Blood		8.00 Man of Steel					10.25 The Birds
	304 GREATS	◂ 5.35 Clear and Present Danger		8.00 True Grit				10.10 The Great Escape	
	305 ANIMATION	◂ 5.40 The Adventures...	7.35 Monsters vs Aliens				9.20 Spirit: Stallion of the Cimarron		
	306 BACK TO SCHOOL	◂ 5.50 Jumanji	7.45 Hook					10.10 Robin and the Hoods	
	307 ACTION	◂ 6.15 Charlie's Angels: Full Throttle		8.05 Baby Driver				10.00 Arcadian	
	308 COMEDY	◂ 6.15 Wayne's World 2		8.00 Ace Ventura Pet Detective			9.30 Ace Ventura: When Nature Calls		
	309 THRILLER	◂ 6.00 Now You See Me		8.00 Angels & Demons					10.25 Serpico
	310 DRAMA	◂ 5.50 Young at Heart		8.00 It Ends with Us				10.15 Boy Meets Boy	
	311 MONSTERS	◂ 6.00 10 Cloverfield Lane		8.00 Godzilla				10.05 Abigail	
	313 FILM4	◂ 6.55 The Day the Earth Stood Still				9.00 Bloodshot			
SPORT	401 MAIN EVENT	◂ 12.30 One-Day International Cricket – Live: England v South Africa			8.30 US Open Tennis – Live: Coverage of day 10 of the Grand Slam				
	402 PREMIER LEAGUE	7.00 Match Officials...	7.30 PL Review		8.30 Transfer 360	9.00 PL Review		10.00 Match...	10.30 Netbusters
	403 FOOTBALL		7.15 EFL Highlights			9.00 EFL Goals		10.00 EFL Highlights	10.30 SPFL Highlights
	405 CRICKET	◂ 12.30 One-Day International Cricket – Live: England v South Africa				9.00 Best of England v South Africa		10.00 One-Day International Cricket	
	410 TNT SPORTS 1	7.00 Pound Land			8.30 UEFA Champions League Greatest...		9.30 PL Reload	10.00 WNBA	
	411 TNT SPORTS 2	7.00 Onboard	7.30 Snooker Wuhan Open		8.30 T100 Triathlon World Tour Highlights		9.30 Porsche Supercup		10.30 SailGP...

◂ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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Tuesday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **The Moment of Proof** (S)(R)(AD)
11.15 **Homes Under the Hammer** New edition From Leeds, Derby and south west London. (S)(AD)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Clean It, Fix It** New edition (S)
2.30 **Robson Green's Weekend Escapes** With Nicola Adams. (S)(R)(AD)
3.00 **Escape to the Country** (S)(R)
3.45 **The Travelling Auctioneers** New edition A couple whose home is filled with collectibles. (S)
4.30 **The Answer Run** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 The Repair Shop

7 PM

7.00 **The One Show** Alex Jones and Roman Kemp present the topical show. (S)
7.30 **EastEnders** Jack steps up to support Oscar, and as everyone celebrates in the Vic, drama unfolds across the Square. (S)(AD)

8 PM

8.00 **The Repair Shop** New edition Suzie Fletcher repairs a territorial service jacket worn by female dispatch riders during World War Two, and Mark Stuckey tackles a vintage cine projector that has been broken for 40 years. (S)(AD)

9 PM

9.00 **The Great British Sewing Bee** New edition 8/10. The sewers come up with movie-inspired fashion, making a costume for a horror movie character, a jacket worn in a Hitchcock movie and an outfit for a Hollywood party. (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Billion Dollar Playground** 5/8. The team welcome guests for a birthday party but as Jas shakes up the crew and tensions rise, it is up to them to pull off a bash to remember. (S)(R)(AD)
11.30 **Billion Dollar Playground** 6/8. Grace hopes to impress the guests with fine wine and caviar, and after another guest review, the team let off steam before the next stay. (S)(R)(AD)
12.15 AM **The Hit List** 7/9. A celebrity special, with Matt Edmondson, Jeremiah Asiamah, Keith Brymer Jones, Sophie Duker, and Shane and Sheena Lynch. (S)(R)
1.00 **Weather for the Week Ahead** (S)
1.05 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **Bargain Hunt** (S)(R)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: The Repair Shop** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Bridge of Lies** Game show. (S)(R)
2.30 **The Tournament** Quiz show. (S)(R)
3.15 **Great British Menu** (S)(R)
4.15 **New Zealand: Earth's Mythical Islands** 2/3. How animals endure New Zealand's wildest locales. (S)(R)
5.15 **Flog It!** From the Old College at Aberystwyth University. (S)(R)
6.00 **Richard Osman's House of Games** With guests Radzi Chinyanganya, Janet Ellis, Darren Harriott and Suzi Ruffell. (S)(R)
6.30 **Great Coastal Railway Journeys** Michael Portillo travels through Exeter and Plymouth. (S)(R)(AD)

9.00 Football's Financial Shame

7.00 **The Hairy Bikers Go West** Dave Myers and Si King are in north-west Wales, where they meet a Nigerian kitchen goddess, a coffee expert and a farming couple who grow food by replicating natural ecosystems. (S)(R)(AD)

8.00 **Digging for Britain** Alice Roberts examines a gatehouse riddled with Civil War bullets, a unique Iron Age shield made from bark, and Roman burials with pots where the heads should be. (S)(R)(AD)

9.00 **NEW Football's Financial Shame: The Story of the V11** Documentary looking at the hidden scandal from inside the Premier League, the world's richest football organisation, with a group of former players claiming to have lost tens of thousands of pounds due to financial advice. *Previously scheduled for 21 August.* (S)(AD)
10.35 **Newsnight** (S)
11.10 **ODI Cricket Highlights** England v South Africa: Action from the first one-dayer in the three-match series, held at Headingley. (S)
11.55 **FILM Planet of the Apes** Vintage sci-fi adventure starring Charlton Heston and Roddy McDowall. (S)(AD) (1968, PG, 110min) ★★★★★
1.45 AM **Sign Zone: Destination X** (S)(R)
2.45 **Sign Zone: MasterChef** (S)(R)(AD)
3.15 **Sign Zone: Chess Masters: The Endgame** (S)(R)
3.50 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** The team are at the National Motorcycle Museum in Solihull, where James Layte explains what a knob carrier is and a visitor brings in a rare set of Beatles autographs. (S)(R)(AD)
3.00 **Tenable** Word-based quiz show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.30 Emmerdale

7.30 **Emmerdale** Paddy feels devastated, Chas is outraged, and Tracy's suspicions are piqued. (S)(AD)

8.00 **Midsomer Murders** *A Grain of Truth:* An organic bakery in the newly restored Larkton's Mill causes resentment amongst several villagers, but a series of incidents surrounding the business results in a murder. (S)(R)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **FILM A View to a Kill** James Bond espionage adventure starring Roger Moore and Christopher Walken. Agent 007 strives to arrest the global ambitions of a wealthy industrialist. With Tanya Roberts and Grace Jones. (S)(AD) (1985, PG, 130min) ★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.55 AM **Teleshopping**
3.00 **Martin Clunes' Islands of the Atlantic** 1/3. The actor embarks on an epic journey to explore the ocean's islands. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **You Bet! on Tour** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.30 AM **The King of Queens** (S)(R)(AD)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 10-13/24. (S1) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From Louisiana. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** From Paralimni, eastern Cyprus. (S)(R)
4.00 **Help! We Bought a Village** New edition Martine starts renovation work in the cellar in one of her houses in Italy. (S)
5.00 **Chateau DIY** Edward creates a private terrace for Anna. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** Retired NHS worker Julie from Swansea seeks the perfect property in Alicante. (S)(R)

9.30 The Inheritance

7.00 **News** (S)

8.00 **NEW SERIES The Great British Bake Off** 1/10. Alison Hammond and Noel Fielding host as a new batch of amateur bakers enter the tent, serving fondant fancies, a Swiss roll with an inlay design and a landscape cake. *See feature, page 12.* (S)(AD)
■ *The Great British Bake Off: An Extra Slice* is on Friday at 8pm
9.30 **The Inheritance** New edition 3/12. The battle for the inheritance continues as the power dynamics begin to shift. As alliances solidify and threaten to take control of the game, a counterplot starts to take shape. (S)(AD)
10.35 **The Jury Australia: Death on the Staircase** New edition 4/5. The defence bring in a forensic expert who throws doubt on the prosecution – until the latter's gripping closing argument. (S)(AD)
■ Concludes tomorrow
11.35 **First Dates** (S)(R)(AD)
12.35 AM **Love Cheats** S)(SL)(R)(AD)
1.30 **FILM What Men Want** Romantic comedy starring Taraji P Henson. (S)(SL) (2019, 15, 115min) ★★
3.25 **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(R)(AD)
3.50 **Superhero Tri** (S)(SL)(R)(AD)
4.40 **Kirstie's House of Craft** (S)(R)
4.55 **George Clarke's Amazing Spaces**
5.50 **to 6.30** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** Discussion. (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)
2.20 NEW SERIES **The Sunshine Murders: Buried Family Secrets** Mystery drama starring Emily Corcoran. (S1) (S)
4.00 **All Creatures Great and Small** *Honeymoon's Over:* 2/7. Siegfried struggles to let James take the reins. (S3) (S)(R)(AD)
5.00 **News** (S)
6.00 **Bargain-Loving Brits in the Sun** In Fuengirola, Andy and Matt prepare a fundraiser at their new bar. (S)(R)(AD)
6.55 **News** (S)

7.00 Coastal Adventures

7.00 **Coastal Adventures with Helen, Jules & JB** Series finale 8/8. Jules Hudson meets marine scientists in Cornwall making waves with a discovery. (S)
7.55 **News** (S)
8.00 **The Yorkshire Vet** New edition Julian and Lucy head to a local llama trekking centre to see Ozzy, who has an unusual eye problem. Meanwhile, Peter treats his friend's sheep who are suffering from a virus. (S)
9.00 NEW **Prince Andrew: On Trial** Following a unique experiment which aims to determine whether Prince Andrew has been a liability to the House of Windsor. Two barristers argue the case in front of a real judge and jury in Shire Hall, Chelmsford's former courthouse. (S)
11.00 **The Day Diana Died** The hours following the news of the Princess of Wales' death. (S)(R)
12.30 AM **Car Pound Cops** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **The World's Most Expensive Hotels** Brown's Hotel. (S)(R)
3.50 **Friends** (S1) (S)(R)(AD)
4.40 **Me & My 10 Kids** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)(AD)
9.00 **Stargate Atlantis** (S4) (S)(R)
11.00 **Hope for Wildlife: The Next Generation** (S)(R)(AD)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S1) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 12/22. (S6) (S)(R)(AD)
5.00 **The Simpsons** *Lisa the Simpson:* Lisa fears she is destined to be stupid. (S)(R) **5.30** *Bart Carny:* A carnival worker and his son move in with the Simpsons. (S)(R) **6.00** *This Little Wiggy:* Bart is forced to befriend Ralph. (S)(R) **6.30** *Simpson Tide:* Homer is fired from the power plant and finds a new job – as the captain of a submarine. (S)(R)

8.00 United States of Birmingham

7.00 **The Office (US)** *Email Surveillance:* 9/22. Michael starts monitoring his team's e-mails. (S)(R) **7.30** *Christmas Party:* 10/22. Michael arranges a Christmas party for the office staff. (S2) (S)(R)
8.00 **Joe Lycett's United States of Birmingham** 3/4. Joe's quest continues into the American Midwest, tackling iconic artworks, an underwater ghost town and the world's largest BBQ competition. (S)(R)(AD)
9.00 **Never Mind the Buzzcocks** With guests Nile Rodgers, Russell Howard and Mae Muller. (S)(R)(AD) **9.45** Roisin Conaty, ArrDee and James Bay join host Greg Davies and regulars Daisy May Cooper, Noel Fielding and Jamali Maddix. (S)(R)(AD)
10.30 **Resident Alien** New episode *Truth Hurts:* 4/10. Harry and Heather reunite, but their relationship proves more complicated than ever. (S4) (AD)
11.30 **Peacemaker** 2/8. Superhero action comedy spin-off starring John Cena. (S2) (R)
12.30 AM **Brassic** 5/7. Cardi's mother shows up in Hawley. (S)(R)(AD) **1.30** 6/7. Ashley is physically humiliated. (S6) (S)(R)(AD)
2.30 **Road Wars** (S)(R)(AD)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 12/22. (S6) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
12.15am Scotcast (S)(R) **12.45** The Hit List (S)(R) **1.30** Weather for the Week Ahead (S) **1.35-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm The Crime I Can't Forget (S)(R) **11.30** Billion Dollar Playground (S)(R)(AD) **1.10-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Rewind: 60 Years of Welsh Pop – Gwynedd (S)(R) **11.10** Billion Dollar Playground (R)(AD) **12.45am** The Hit List (S)(R) **1.30-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

As main ITV1 except:

WALES
8.00pm Face to Face New edition (S) **9.00-10.00pm** Backstage Sessions New edition (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Sain Ffagan (AD) **12.30** Heno **1.00** Cledrau Coll **1.30** Teulu Shadog: Tymhorau'r Flwyddyn (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cranogwen gyda Ffion Hague **4.00** Awr Fawr **5.00** Stwnsh **6.00** Arfordir Cymru: Môn **6.30** Sgorio **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Cartrefi Cymru **8.55** Newyddion a'r Tywydd **9.00** Gwesty Aduniad **10.00** Jess Davies **10.30-11.35pm** Jason Mohammad: Stadiymau'r Byd

TV&Satellite week
New issue on sale today

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Horrible Histories** Henry VIII demonstrates his meat-based diet. **7.30** A Scottish sportsman attacks dead cows.
7.55 **The Catch Up**
8.00 **Top Gear** Sprinter Usain Bolt is the Star in a Reasonably Priced Car.
9.00 **Tommy: The Good. The Bad. The Fury** New edition 5/6. Tommy heads to Budapest to close the deal for the fight. **9.30** Series finale 6/6. Tommy faces his long-awaited comeback fight. ■ Entire series on BBC iPlayer
10.00 FILM **Legend** Biopic of the infamous Kray twins, starring Tom Hardy, Emily Browning and Christopher Eccleston. (2015, 18, 128min) ★★★
12.05 AM **Top Gear**
1.05 **Ashley Cain: Into the Danger Zone**
2.05 **Angels of the North**
2.35 **Tommy: The Good. The Bad. The Fury**
3.35 **to 4.00** AM **My Mate's a Bad Date**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Planet Earth** A look at wildlife in the polar regions.
8.00 **The Good Life** Barbara rips her last posh frock.
8.30 **Yes, Minister** Hacker is given an embarrassing gift.
9.00 **Arena: The Peter Sellers Story** 1/3. A profile of the celebrated comic actor, tracing his life from childhood to his successful post-war career with The Goons.
10.05 **Arena: The Peter Sellers Story** 2/3. The second part features Sellers' interview on *Parkinson*, and takes a look at his busy filming schedule as he became more well-known to producers.
11.15 **Arena: The Peter Sellers Story** 3/3. The final part begins in 1964, with Sellers at the peak of his success.
12.25 AM **Parkinson: The Peter Sellers Interview** Michael Parkinson looks back on his interview with Peter Sellers.
1.05 **The Trials of Oscar Pistorius** Documentary.
2.45 **to 3.45** AM **Around the World in 80 Gardens**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
10.30 **A Place in the Sun: Home or Away**
11.35 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions from Surrey.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.55 **Location, Location, Location** Kirstie searches for properties in the suburb of Heaton in Newcastle. **6.55** House-hunting around Hove on the south coast.
7.55 **Grand Designs Revisited** Kevin McCloud revisits a home built on an airfield in Strathaven, Scotland.
9.00 **24 Hours in Police Custody: Lost Boys** Following Bedfordshire police as they investigate the drug gangs that are recruiting children to sell for them in order to make it harder for the police to catch them.
10.00 **24 Hours in A&E** A 56-year-old man is put on life support following a cardiac arrest, and a nightclub host realises his party lifestyle is taking its toll.
11.05 **24 Hours in A&E**
12.10 AM **Emergency Helicopter Medics**
1.15 **24 Hours in Police Custody: Lost Boys**
2.20 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **Brooklyn Nine-Nine**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** 11-14/24. (S4)
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons**
7.00 **Hollyoaks** The Osbornes are in turmoil following a shock disappearance.
7.30 **The Simpsons** *My Fair Laddy:* Groundskeeper Willie moves in with the family.
8.00 **First Dates** A woman who despairs of ever finding the right man finds her head turned by another man in the restaurant.
9.00 **Celebs Go Dating** New edition Liv and Louis finally sit down to talk about their feelings for each other.
10.00 **Gogglebox** Opinions on *Simply Nigella* and *Top Gear*.
11.05 **Naked Attraction**
12.10 AM **The Big Bang Theory**
1.10 **The Simpsons**
1.40 **Brooklyn Nine-Nine**
2.35 **Celebs Go Dating**
3.30 **Gogglebox**
4.25 **Young Sheldon**
5.10 **to 6.00** AM **Modern Family**

+1 hr 235/236 306 30 123 256

Tuesday primetime primetime

TUESDAY Entertainment

Tuesday

Sky Witness

107 107 110 341 356

6.00 AM **Motorway Patrol**
7.00 **Border Security: America's Front Line** Double bill.
8.00 **Border Patrol** Double bill.
9.00 **UK Border Force**
10.00 **Brit Cops: Law & Disorder**
11.00 **Bondi Rescue** Double bill.
12.00 NOON **FBI** 9/22. (S5)
1.00 PM **FBI: International** 8/22. Vo goes undercover. (S2)
2.00 **FBI: Most Wanted** 7/22. The team investigate a shooting at a Buddhist temple. (S4)
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**

10.00 FBI: Most Wanted

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **The Equalizer** *What Dreams May Come:* 17/18. A psychic claims his sister is in grave danger. (S2)

9 PM
9.00 **The Rookie** New episode *Mad About Murder:* 14/18. Celina works to take down a popular podcast. (S7)

10 PM
10.00 **FBI: Most Wanted** New episode *Pig Butchering:* 4/22. Barnes clashes with Remy after ignoring his orders. (S6)
11.00 **Bull** 12/22. Jason's brother unexpectedly arrives. (S6)
12.00 M'T **New Amsterdam** (S5)
1.00 AM **The Equalizer** 16/18. (S2)
2.00 **Fire Country** New episode (S3)
3.00 **The Cleaning Lady** (S3)
4.00 **Send in the Dogs**
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
7.00 **Fish Town**
8.00 **True Blood** 9&10/12. (S5)
10.10 **Westworld** 3&4/10. (S1)
12.20 PM **Game of Thrones** (S2)
1.25 **Babylon Berlin** 11&12/12. (S4)
3.35 **True Blood** 11/12. Russell invades the burlesque club. **4.40** 12/12. Alcide prepares for a showdown with JD. (S5)
5.45 **Homicide: Life on the Street** 3/9. Giardello sets out to improve efficiency. **6.50** 4/9. The cops investigate a drug-related murder. (S1)

4.40 True Blood

7.55 **Game of Thrones** *The Night Lands:* 2/10. Tyrion chastises Cersei for alienating Joffrey's subjects, and Theon is reunited with his father on the Iron Islands. (S2)

9.00 **Gomorrah** 5/12. Genny looks to get back on his feet with a new supplier, while Enzo makes waves with a big score.

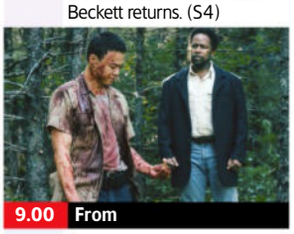
10.00 **Gomorrah** 6/12. Genny finds himself back in a strong position due to the sucess of his new drug ventures. Subtitled. (S3)
11.00 **The Sopranos** 6&7/13. (S2)
12.55 AM **The Wire** 5/13. Omar makes McNulty an offer. (S1)
2.00 **The Pacific** 6/10. (S1)
3.00 **Game of Thrones** As 7.55pm.
4.05 **Richard E Grant's Hotel Secrets** The actor visits Tokyo.
5.00 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S1)
8.00 **The Blacklist** 9/22. (S9)
9.00 **Stargate Atlantis** (S4)
11.00 **SEAL Team** 4/20. (S3)
12.00 NOON **The Blacklist** (S9)
1.00 PM **Hawaii Five-0** (S1)
3.00 **NCIS: Los Angeles** (S14)
4.00 **S.W.A.T.** 13/22. (S6)
5.00 **SEAL Team** 3/20. Jason and Bravo Team head out on a mission in Azerbaijan. (S3)
6.00 **Stargate Atlantis** 19/20. Part two of two. The crew members are stunned when Dr Carson Beckett returns. (S4)


9.00 From

7.00 **Stargate Atlantis** *The Last Man:* 20/20. Sheppard finds the city of Atlantis abandoned. Guest stars Robert Picardo. (S4)

8.00 **Joe Lycett's United States of Birmingham** 3/4. The comedian's quest continues into the American Midwest.

9.00 **From** *The Way Things Are Now:* 2/10. At Colony House, Tabitha and Julie grapple with their new nightmarish reality. (S1)

10.00 **Resident Alien** New episode *Truth Hurts:* 4/10. Harry and Heather reunite, but their relationship is more complex than ever. (S4)
11.00 **Peacemaker** 2/8. Superhero action comedy spin-off starring John Cena. (S2)
12.00 M'T **Brassic** 5&6/7. (S6)
2.00 AM **Freddie Down Under**
3.00 **NCIS: Los Angeles** (S14)
4.00 **S.W.A.T.** 13/22. (S6)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Dinner Date**
8.40 **Billie and Greg**
9.35 **The Only Way Is Essex**
10.15 **Real Housewives of Potomac**
11.10 **Real Housewives of New...**
12.00 NOON **Buying the View**
12.30 PM **Billie and Greg**
1.30 **The Only Way Is Essex**
2.30 **The Bachelor Australia**
4.05 **Real Housewives of Potomac**
5.00 **Real Housewives of New Jersey** Reality series.
6.00 **Celebrity Catchphrase**

9.00 Sam and Billie: Sister Act

7.00 **Deal or No Deal: Celebrity Special** Stephen Mulhern hosts as Sam Thompson takes part in the game show.

8.00 **The 1% Club** Quiz show hosted by comedian Lee Mack in which the questions are all about logic and common sense.

9.00 **Sam and Billie: Sister Act** New edition 3/6. The results of biological age testing reveal shocking news.

10.00 **Family Guy** 3/20. Peter causes a fight between Lois's parents. **10.35** 4/20. The Disney network decides it is time to reboot the series. (S18)
11.05 **Family Guy** 16&17/20. (S17)
12.05 AM **American Dad!** (S13)
1.05 **Bob's Burgers** 7/22. (S9)
1.35 **Plebs** 4/8. (S4)
2.00 **Olivia Attwood's Bad Boyfriends** Reality series.
2.55 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.05 **Doc Martin** 1&2/6. (S1)
10.15 **The Royal** *Skin Deep.*
11.20 **Heartbeat** Double bill.
1.30 PM **Classic Emmerdale**
2.30 **Classic Coronation Street**
3.35 **Doc Martin** *Sh*t Happens:* A nasty stomach bug sweeps through Portwenn. **4.40** *The Portwenn Effect:* Louisa helps one of her pupils.
5.45 **Heartbeat** *Spellbound:* A witchcraft scare sweeps through Aidensfield.

8.00 Endeavour

6.50 **Heartbeat** *Baby Love:* A baby is kidnapped, and Greengrass gets into a spot of bother while concreting a drive.

8.00 **Endeavour** *Prelude:* Morse investigates the death of a member of an Oxford orchestra, but when a second tragedy hits he discovers a story the ensemble would sooner forget.

10.00 **Law & Order: UK** *ID:* 3/6. A pregnant junior doctor is found beaten to death in a hospital car park. (S4)
11.00 **Law & Order: UK** 4/6. A teenager with learning difficulties is killed in a fire. (S4)
12.00 M'T **Professor T** 1/6. Dan and Lisa distract the professor from his circumstances. (S3)
1.00 AM **The Tower** 2/4. (S2)
2.00 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Eat the Town** Dazza and Natalie go up against each other in the town of Thurso.
8.00 **Scotland from the Sky** James Crawford explores how planners and architects took to Scotland's skies.
9.00 **The Rise and Fall of Michelle Mone** 1/2. How the businesswoman became embroiled in a PPE scandal. **10.00** 2/2. The entrepreneur's elevation to the House of Lords.
11.00 **Scotcast** New edition Martin Geissler hosts a discussion on Scotland's biggest news stories.
11.30 PM **to 12.00** M'T **Eòrpa** Reports on some of the most important issues from Scotland and across Europe. In Gaelic.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **The Conners** (S3)
10.00 **Sex and the City** (S3)
11.20 **Girls** 9&10/10. (S6)
12.30 PM **The Office (US)**
1.30 **The Conners** (S3)
2.30 **The Office (US)** (S2)
3.30 **Will & Grace** (S1)
4.30 **Sex and the City** (S3)
5.45 **The Office (US)** (S2)
6.45 **Will & Grace** (S1)
7.45 **Sex and the City** 16/18. Carrie holds a seminar. **8.25** 17/18. Miranda worries her latest boyfriend may be too handsome for her. (S3)
9.00 FILM **Coming 2 America** Comedy starring Eddie Murphy. (2021, 12, 108min) ★★★
11.00 **And Just Like That...** 6/10. Carrie tries to embrace the past. (S1)
11.45 **Entourage** 7&8/20. (S3)
12.45 AM **Veep** 3&4/10. (S5)
1.55 **Curb Your Enthusiasm**
3.10 **Barry** 5&6/8. (S2)
4.30 **to 5.00** AM **Sort Of**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **George Balanchine's The Nutcracker**
7.50 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Hepworth**
3.00 **Cold War & Cinema**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Stories from Tate Britain**
9.00 **Stories from the National Portrait Gallery**
10.00 **The Lost Music of Auschwitz** Documentary.
11.30 **The Art of Australia**
12.45 AM **Record On**
2.25 **Paul Weller: May Love Travel with You**
3.40 **National Treasures: The Art of Collecting**
4.40 **to 6.00** AM **National Trust: National Treasures**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S7)
6.00 **Star Trek: Voyager**
7.00 **Star Trek: The Next Generation** 20/22. (S2)
8.00 **Star Trek: Deep Space Nine** *Hippocratic Oath:* 4/26. O'Brien and Bashir are taken prisoner. (S4)
9.00 **FBI: Most Wanted** (S4)
10.00 **FBI: International** (S3)
11.00 **Grimm** 6/13. (S6)
12.00 M'T **Killer in My Village**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
2.00 **Who Wants to Be a Millionaire? Celebrity Special** With Stephen Fry and Jeanette Kwakye.
3.00 **Tenable** Double bill of the game show hosted by Warwick Davis.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Ozzy takes on the ruthless Banker.
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts as Taylor takes on the ruthless Banker.
9.00 **Wheel of Fortune** Game show hosted by Graham Norton.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shepherd.
12.50 AM **Wheel of Fortune** As shown at 9.00pm.
1.45 **to 2.00** AM **Unwind**

GREAT! tv

157 167 170 34 32

8.00 AM **Father Dowling Mysteries** 17/22. (S3)
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 3&4/24. (S4)
12.00 NOON **Highway to Heaven** 12/24. (S2)
1.00 PM **Father Dowling Mysteries** 22/22. (S3)
2.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** 9&10/22. (S10)
9.00 **Randall and Hopkirk (Deceased)** *Murder Ain't What It Used to Be:* 7/26. The ghost of a gangster returns to settle old scores. (S1)
10.00 **The New Avengers**
11.00 **The Avengers** (S5)
12.00 M'T **M*A*S*H** (S10)
1.00 AM **Randall and Hopkirk (Deceased)**
2.00 **Hart to Hart** 8/22. (S5)
3.00 **Crazy Like a Fox** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Saint**
7.00 **Kojak** Double bill.
9.05 **Magnum, PI**
10.05 **The Protectors**
10.40 LIVE **Cycling: Tour of Britain** Ned Boulting presents coverage of the opening stage, a 167.6km route from Woodbridge to Southwold.
3.40 PM **Snooker v Darts**
3.50 **Magnum, PI** Double bill of the crime drama.
5.55 **The Saint** *The Reluctant Revolution:* Simon Templar gets involved in a revolution.

9.00 Lethal Weapon 2

7.00 **World Rally Championship Highlights** Action from the Rally del Paraguay, the 10th round of the campaign.
8.00 **Cycling: Tour of Britain Highlights** Action from the opening stage, a 167.6km route from Woodbridge to Southwold.
9.00 FILM **Lethal Weapon 2** Action comedy thriller sequel starring Mel Gibson and Danny Glover as hard-hitting LA cops on the trail of a murderous South African drug trafficker. (1989, 15, 110min) ★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
11.15 **Wrestling: AEW Collision** Hard-hitting wrestling action.
1.10 AM **Hell's Kitchen** The chefs are challenged to make the perfect dish using obscure ingredients and a wok.
2.10 **The Protectors**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted US**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 8/26. (S1)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 16/20. (S1)
2.00 **Primeval** 10/10. (S3)
3.00 **Star Trek: Voyager** (S7)
4.00 **Stargate Atlantis** 20/20. (S3)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 8/26. Wesley is sentenced to death for a minor misdemeanour. (S1)

10.00 The Walking Dead

7.00 **Primeval** 10/10. Danny, Connor and Abby face a terrifying journey as they race to stop Helen wiping out humankind. (S3)
8.00 **Stargate Atlantis** *First Strike:* 20/20. McKay uses ancient methods to destroy a stargate belonging to the Replicators. (S3)
9.00 **The Ark** *Like It Touched the Sun:* 2/12. As the water crisis worsens, the crew struggle to establish order. (S1)
10.00 **The Walking Dead** *Trust:* 15/24. Hornsby marches Daryl and troops to confront Maggie at Hilltop. (S11)
11.00 **Wynonna Earp** 12/12. A new witch makes herself known in Purgatory. (S4)
12.00 M'T FILM **Wynonna Earp: Vengeance** Sci-fi Western spin-off with Melanie Scrofano. (2024, 15, 96min) ★★
2.00 AM **Westworld** 5&6/10. (S2)
4.20 **Primeval** As 7.00pm.
5.10 **to 6.00** AM **Most Haunted US**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S12)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 7/23. (S2)
11.00 **Hudson & Rex** 20/20. (S5)
12.00 NOON **Body of Proof** (S1)
1.00 PM **Death in Paradise** (S7)
2.00 **Murdoch Mysteries** (S12)
4.00 **The Mentalist** 7/23. (S2)
5.00 **Hudson & Rex** 20/20. Charlie and Rex try to take a car theft ring down. (S5)
6.00 **Father Brown** *The Curse of Amenhotep:* The priest investigates when the wife of Sir Raleigh is found dead.

6.00 Father Brown

7.00 **Body of Proof** *Letting Go:* 2/9. A man and his former sweetheart are found dead in a car. (S1)
8.00 **Death in Paradise** *Murder from Above:* 1/8. A billionaire's fiancée falls from a balcony the day before her wedding. (S7)
9.00 **Death in Paradise** *Murdering Lyrical:* 7/9. A reggae rap artist is shot dead at a soundcheck ahead of a concert. (S11)
10.00 **Mudtown** *Cast Iron Fake:* 2/6. With Ned in a critical condition, Claire begins to feel the full weight of her decision. (S1)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **White Collar** 8/16. Neal and Peter go undercover after the death of a tech company's head researcher. (S2)
1.00 AM **Death in Paradise** (S7)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.20 AM **Highlights**
8.40 **Last of the Summer Wine**
10.00 **Are You Being Served?**
10.40 **Porridge**
11.20 **Last of the Summer Wine**
12.35 PM **Don't Wait Up**
1.10 **Keeping Up Appearances**
1.50 **Dad's Army**
2.30 **Porridge**
3.10 **Last of the Summer Wine**
4.25 **Don't Wait Up**
5.00 **Blackadder the Third**
5.40 **Blackadder II**
6.20 **Are You Being Served?**

10.55 Inside No 9

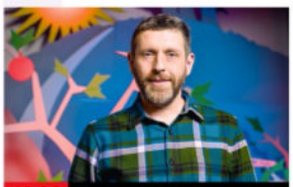
7.00 **Dad's Army** The platoon defend headquarters against members of the Highland Regiment.
7.40 **Porridge** Harris accidentally drops pills in Fletcher's midday cuppa.
8.20 **Blackadder II** Edmund takes in a young boy as his manservant.
9.00 **Blackadder II** Edmund finds himself appointed Lord High Executioner.
9.35 **The Office** A work experience trainee has a baptism of fire.
10.15 Brent and Finchy resolve to beat Tim and Ricky at the annual quiz.
10.55 **Inside No 9** Lee Mack hosts a new quiz, but not everything is as it seems.
11.35 **Blackadder II** Double bill.
12.55 AM **The Thin Blue Line**
1.35 **The Office** Double bill.
2.55 **Inside No 9** As 10.55pm.
3.30 **to 4.00** AM **The Thin Blue Line**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Pointless** Quiz show.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Railroad Australia**
12.00 NOON **Storage Hunters UK**
2.00 PM **Railroad Australia**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Long Weekends** The seafood chef embarks on a winter break in Reykjavik, the coastal capital of Iceland.
6.00 **Hairy Bikers' Best of British** Si King and Dave Myers prepare dishes from their favourite cookery books.



10.00 Modern Life Is Goodish

7.00 **Would I Lie to You?** With Richard Osman, Robert Rinder, Katherine Ryan and Denise Lewis.
7.35 **Richard Osman's House of Games** With Tim Key and Jeff Stelling. **8.15** With Alex Brooker, Charlotte Hawkins, David Baddiel and Sophie Duker.
9.00 **Have I Got a Bit More News for You** Phil Wang hosts the satirical quiz, with Ruth Davidson and Richard Osman.
10.00 **Dave Gorman: Modern Life Is Goodish** Dave tests the merits of man versus machine.
11.00 **Taskmaster** Jon Richardson is challenged to create the perfect music video.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **Hate Thy Neighbour**
2.45 **to 4.00** AM **Richard Osman's House of Games**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **The Dog House**
8.00 NEW SERIES **The Great British Bake Off** 1/10. A fresh batch of bakers make fondant fancies, a Swiss roll and a landscape cake.
9.30 **Educating Yorkshire** Life at a secondary school in West Yorkshire.
10.35 FILM **Boston Strangler** Fact-based drama starring Keira Knightley. Two female reporters encounter sexism whilst they investigate the Boston Strangler murders of the 1960s. (2023, 15, 112min) ★★★★
12.45 AM **Gogglebox**
2.50 **Crime Scene Cleaners**
3.50 **to 4.55** AM **24 Hours in A&E**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 20-22/24. (S7)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Ships in the Night:* 11/24. The death of a Marine during a cruise is investigated. **7.00** *Recruited:* 12/24. A US Navy recruitment officer is murdered. **8.00** *Freedom:* 13/24. The team suspect a US Marine has beaten her husband to death. (S8)
9.00 **Criminal Minds: Evolution** New episode *What Doesn't Kill Us:* 7/22. The team take on a case in West Virginia where an UnSub practices his own form of Old Testament revenge. (S16)
10.00 **Law & Order: Special Victims Unit** (S19&18)
1.50 AM **Person of Interest**
2.45 **Criminal Minds** (S12)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** A patient has an out-of-date inhaler.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Skin A&E** New edition Dr Natalia is faced with an unusual rash on a 30-year-old man.
10.00 **A&E After Dark**
11.00 **999: Emergency Call Out** Documentary.
12.00 M'T **Broadmoor: For the Criminally Insane**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **The Resident** New episodes (S6)
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Outback Truckers**
10.00 **Trucking Hell**
11.00 **Traffic Cops**
11.55 **Police Interceptors**
1.55 PM FILM **Stagecoach** Western. (1939, b/w, U, 99min) ★★★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors** A late-night reveller talks himself into trouble. **7.00** Officers stop a driver who is known to have a violent past. **8.00** The hunt for a suspected burglar takes an unexpected turn.
9.00 **The Motorway**
10.00 **Frontline Police 24/7**
11.00 **MacGyver** 1/23. (S2)
12.00 M'T **La Brea** New episode *The Cave:* 2/14. Gavin enlists his grandfather's help. (S2)
1.00 AM **Coastguard: Search & Rescue SOS**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **One Born Every Minute** Documentary.
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition Contestants face a pressure test designed by former *Dessert Masters* winner John Demetrios.
8.00 **Inside the Ambulance** A young woman suffers a fit in the street.
9.00 **One Born Every Minute** Double bill.
11.00 **Emergency: First Time Medics** Documentary.
12.00 M'T **Louis Theroux: America's Most Dangerous Pets**
1.00 AM **Interior Design Masters with Alan Carr**
2.15 **to 3.00** AM **Amanda & Alan's Italian Job**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **Soldier, Soldier**
8.30 **Doctors**
9.50 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
1.00 PM **Classic EastEnders**
2.20 **Soldier, Soldier**
3.20 **The Doctor Blake Mysteries** 7/8. (S4)
4.25 **London's Burning**
5.20 **'Allo 'Allo!**
6.00 **Waiting for God**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Dalziel & Pascoe** *Recalled to Life:* Inspector Dalziel comes under investigation.
10.00 **New Tricks** *London Underground:* The team investigate the death of a film critic.
11.20 **Spooks** 4/10. (S6)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.25 **Waiting for God**
3.00 **to 4.00** AM **Sister Boniface Mysteries**

+1 hr 243 316 60 260

SKY SKY STREAM | VIRGIN HD | FREEVIEW HD | FREESAT HD | FREELY | EE HD

TUESDAY Entertainment

Really
142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Cornwall.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
9.00 **Who Do You Think You Are?** Actor Lesley Manville researches her family tree.
10.00 **Alex Polizzi: The Fixer** A struggling Essex hair and beauty salon.
11.30 **The Hotel Inspector: The Walkout** Alex Polizzi is called to help a Wiltshire pub landlord.
12.30 AM **Help! My House Is Haunted** An earthquake causes alleged paranormal activity.
1.30 **Ghost Bait**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase** Quiz show.
12.00 NOON **Who Wants to Be a Millionaire? Olympic Special**
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Celebrity Who Wants to Be a Millionaire?**
5.00 **The Bidding Room**
7.00 **The Chase Celebrity Special** With guests Nick Hancock, Jenny Eclair, Michelle Collins and Rufus Hound.
8.00 **The Chase** Double bill.
10.00 **Who Wants to Be a Millionaire? Celebrity Special** Stars including Jamie Theakston and Max Beesley take part.
11.00 **Who Wants to Be a Millionaire?** Quiz show.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 319 426 42 33

8.10 AM **Tombstone Territory**
8.50 **Wanted: Dead or Alive**
9.50 **FILM The Last Days of Frank and Jesse James** Western. (1985, PG, 99min) ★★★★
12.00 NOON **Tombstone Territory** Double bill.
1.00 PM **FILM A Reason to Live, A Reason to Die** Spaghetti Western. (1972, PG, 92min) ★★★
3.00 **Wanted: Dead or Alive**
4.00 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!** (S1)
7.00 **The Avengers** (S4)
8.00 **The New Avengers** (S2)
9.00 **FILM Shadow Man** Espionage thriller. (2006, 15, 92min) ★
11.00 **FILM Dragon Eyes** Martial arts crime drama. (2012, 18, 87min) ★★
1.00 AM **The Avengers** (S4)
2.00 **The New Avengers** (S2)
3.00 **to 5.00** AM **Cops Uncut**
+1hour 324

GREAT! movies
321 318 425 50 48

7.00 AM **Air Rescue**
8.00 **Saving Lives at Sea**
9.00 **Sue Thomas: F.B.Eye**
11.00 **FILM Lost Letter Mysteries: Lost Without You** Drama. (2016, PG, 90min) ★★
1.00 PM **FILM Ex-Wife Killer** Thriller. (2017, PG) ★★
2.55 **FILM Vows of Deceit** Thriller. (2018, 12) ★
5.00 **FILM Seduced by Lies** Psychological thriller. (2010, PG, 87min) ★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM Lucky Number Slevin** Thriller. (2006, 18, 110min) ★★★
11.20 **FILM The Narcissist** Suspense thriller. (2019, 12, 90min) ★★
1.15 AM **FILM Eve of Abduction** Thriller. (2018, 12, 90min) ★★
3.20 **Air Rescue**
4.00 **to 6.00** AM **FILM Two Wrongs** Thriller. (2015, PG, 88min) ★★
+1hour 322

GREAT! romance
319 317 424 52 47

8.00 AM **FILM Ms. Matched** Comedy. (2016, PG) ★★
10.05 **FILM Designed with Love** Romantic drama. (2020, PG, 85min) ★★
12.00 NOON **FILM Fashionably in Love** Comedy. (2023, PG, 87min) ★★
2.00 PM **FILM Love Takes Flight** Romantic drama. (2019, PG, 87min) ★★
4.00 **FILM Just for Showmance** Comedy. (2023, U, 83min) ★★
6.05 **FILM A Tail of Love** Drama. (2022, U) ★★
8.00 **FILM Dog Lovers Guide to Dating** Comedy. (2023, U, 82min) ★★
9.55 **FILM Like Cats and Dogs** Romantic comedy. (2017, PG, 81min) ★★
11.50 **FILM Two Chefs and a Wedding Cake** Comedy. (2022, U, 91min) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Love Takes Flight** (2019)
+1hour 320

Rewind TV
182 81 141

6.00 AM **Highlights**
10.00 **Bewitched** (S1)
10.30 **You're Only Young Twice**
11.00 **I Dream of Jeannie** (S1)
11.30 **Jokers Wild**
12.00 NOON **Please Sir!** (S3)
12.30 PM **Haggard** 7/7. (S1)
1.00 **From Here to Eternity**
3.00 **Mapp and Lucia** (S2)
4.00 **Born Free** 7/13. (S1)
5.00 **A Sharp Intake of...**
5.30 **You're Only Young Twice**
6.00 **The Monkees** (S1)
6.30 **I Dream of Jeannie** (S1)
7.00 **Carry On Laughing** (S1)
7.30 **Haggard** 7/7. (S1)
8.00 **Jokers Wild**
8.30 **A Sharp Intake of Breath** 3/3. (S3)
9.00 **Please Sir!** (S3)
9.30 **Brass** 5/13. (S2)
10.00 **Game On** 4/6. (S3)
10.35 **Stereo Underground**
11.35 **The Monkees** (S1)
12.05 AM **From Here to Eternity** 2/3. (S1)
2.05 **Brass** 5/13. (S2)
2.35 **to 6.00** AM **Highlights**

DMAX
159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Maine Cabin Masters**
12.00 NOON **Alaskan Bush People** Documentary.
1.00 PM **Edge of Alaska**
3.00 **Alaska: Homestead Rescue** Double bill.
6.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Josh and Casey risk a 500-mile trek north. **8.00** The winter season strikes the fleet with brutal Storm Elsa.
9.00 **Outback Opal Hunters** The Mooka Boys are ready to start tunnelling toward black opal glory. **10.00** The Blacklighters' team leader Mark is severely injured.
11.00 **Mysteries of the Deep**
12.00 M'T **Naked and Afraid XL** Documentary.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**
+1hour 259 369 153

Food Network
140/141 154 190 43 148 39

6.00 AM **Tom Kerridge's American Feast**
7.00 **The Pioneer Woman**
9.00 **River Cottage Road Trip**
10.00 **Hairy Bikers Go North**
11.00 **Great British Bake Off**
12.30 PM **30 Minute Meals**
1.00 **James Martin's Great British Adventure**
2.00 **James Martin's French Adventure**
3.00 **The Pioneer Woman** **4.00** New editions
5.00 **River Cottage Road Trip**
6.00 **Hairy Bikers Go North**
7.00 **Great British Bake Off**
8.30 **30 Minute Meals**
9.00 **Jamie's Easy Meals for Every Day** New editions
10.00 **Jamie's 15 Minute Meals** Double bill.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food with Casey Webb**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1hour 240/241 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 16/24. (S8)
9.00 **The Fall Guy** 15/22. (S3)
10.00 **Charlie's Angels** (S1)
11.00 **FILM Wild Horses** Contemporary Western. (1985, PG, 95min) ★★
1.00 PM **FILM Angel and the Badman** Offbeat John Wayne Western. (1947, b/w, U, 100min) ★★★
3.00 **FILM Incident at Phantom Hill** Western. (1966, U, 88min) ★★
5.00 **Star Trek** 6/30. (S1)
6.00 **Charlie's Angels** (S1)
7.00 **The Fall Guy** 16/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM 47 Ronin** Fantasy. (2011, 12, 119min) ★★
11.15 **FILM Last Knights** Action adventure. (2015, 15, 112min) ★★
1.25 AM **FILM Assault on Precinct 13** Thriller. (1976, 15, 90min) ★★★★★
3.15 **to 5.00** AM **FILM The Internecine Project** Thriller. (1974, 15) ★

Legend Xtra
317 316 171 69 138 51

6.00 AM **FILM The Devil-Ship Pirates** As 5.00pm.
8.00 **FILM The Pledge** Western drama. (2008, PG, 79min) ★★★
10.00 **Andromeda** 13/22. (S1)
11.00 **FILM Bigfoot** Adventure. (2012, 12, 89min) ★★
1.00 PM **FILM Mega Shark vs Kolossus** Fantasy. (2015, 12, 90min) ★
3.00 **Andromeda** 13/22. (S1)
4.00 **The A-Team** 8/13. (S5)
5.00 **FILM The Devil-Ship Pirates** Adventure starring Christopher Lee. (1963, U, 96min) ★★
7.00 **Andromeda** 14/22. (S1)
8.00 **The A-Team** 9/13. (S5)
9.00 **FILM Beyond the Law** Thriller starring DMX and Steven Seagal. (2019, 15, 89min) ★
10.50 **FILM Hard Target** Action adventure. (1993, 18, 95min) ★★★
1.00 **to 3.00** AM **FILM Beyond the Law** (2019)
+1hour 318 371 139

Blaze
164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Junk and Disorderly**
7.35 **Auction Hunters: Pawn Shop Edition**
8.00 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFO Hunters**
11.10 **Weird or What?**
12.10 PM **Mysteries from Above** A fiery vortex.
1.05 **Pawn Stars**
2.05 **Junk and Disorderly**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFO Hunters**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **Junk and Disorderly**
10.00 **Rust Valley Restorers**
11.00 **Court Cam** Double bill.
12.00 M'T **Craig Charles: UFO Conspiracies**
1.00 AM **UFO Hunters**
2.00 **Ancient Aliens**
3.45 **Deep Water Salvage**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **Secrets of the Royal Palaces**
11.00 **Ben Fogle: New Lives in the Wild** Iceland.
12.00 NOON **Elephant Hospital** Documentary.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo: Swan Song**
6.00 **Inside Windsor Castle: A Royal Residence**
8.00 **Ben Fogle: New Lives in the Wild** In Siberia, Ben meets a scientist working to reduce the impact of climate change.
9.00 **Drain the Oceans** The rise and fall of the ancient Maya civilisation.
10.00 **Nazi Megastructures** Hitler's plan to land troops in England.
11.00 **Prisoner: Cell Block H**
1.00 AM **Dogs Behaving (Very) Badly**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home International**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **My Dream Derelict Home** Property series.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **My Dream Derelict Home** Property series.
9.00 **Rico to the Rescue** New edition Helping a family whose builder went missing after demolishing their kitchen.
10.00 **Battle on the Mountain** New edition
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**
+1hour 258/262 391

TLC
133/134 139 165

7.00 AM **Extreme Couponing**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Breaking Amish**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Curvy Brides Boutique**
8.00 **The Bad Skin Clinic**
9.00 **The Bad Foot Clinic**
10.00 **My Feet Are Killing Me**
11.00 **Body Bizarre** A boy born with no eyes.
12.00 M'T **I Was Bitten**
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **My Feet Are Killing Me**
3.00 **Body Bizarre**
4.00 **The Bad Skin Clinic**
5.00 **to 6.00** AM **Extreme Couponing**
+1hour 233/234 365

Comedy Central
112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Last Man Standing**
11.00 **Everybody Loves Raymond** (S7)
1.00 PM **Friends** (S2)
8.00 **Friends** 15/24. Monica falls for an old family friend. With Tom Selleck. **8.30** 16/24. An argument with Chandler prompts Joey to move out of the flat. (S2)
9.00 **FILM White Chicks** Slapstick comedy starring Shawn and Marlon Wayans. (2004, 15, 109min) ★
11.10 **Whose Line Is It Anyway? USA**
12.10 AM **Drunk History**
1.10 **South Park** (S16&17)
2.10 **Broad City** (S5)
3.10 **Important Things with Demetri Martin**
3.30 **Henning Wehn: It'll All Come Out in the Wash**
4.15 **to 5.00** AM **Friends**
+1hour 212/213 332

Comedy Cen. Extra
127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 9&10/14. (S5)
11.00 **Friends** (S6)
1.00 PM **Impractical Jokers**
2.00 **Daria** 11&12/14. (S5)
3.00 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing**
7.00 **Everybody Loves Raymond** 21-24/25. (S7)
9.00 **New Girl** 4/24. Nick loses his self-confidence. **9.30** 5/24. Schmidt tries to win Cece over. (S1)
10.00 **Friends** (S1&2)
1.00 AM **Beavis and Butt-Head** (S4)
2.00 **Key & Peele**
3.00 **Whose Line Is It Anyway? USA**
3.45 **The Alternative Comedy Experience**
4.30 **Out of Order**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay
152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Cops**
11.00 **Hold the Front Page**
12.00 NOON **Blood & Treasure**
1.00 PM **Motorway Patrol**
2.00 **Border Security USA**
3.00 **UK Border Force**
4.00 **Highway Cops**
5.00 **Motorway Patrol**
6.00 **Blood & Treasure** (S2)
7.00 **SEAL Team** 3&4/22. (S1)
9.00 **Road Wars**
10.00 **The Force: Manchester**
11.00 **There's Something About Movies**
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own Road Trip: Southeast Asia**
2.00 **Duck Quacks Don't Echo** With Kate Humble.
3.00 **Road Wars**
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **16 and Pregnant**
7.10 **Teen Mom: The Next Chapter** Reality series.
8.00 **Catfish: The TV Show**
4.00 PM **Dallas Cowboys Cheerleaders**
6.00 **FriendZone**
6.30 **Teen Mom 2**
8.00 **Car Crash Couples**
9.00 **Badass Brides**
10.00 **Geordie Shore: The Reunion Series** New edition The gang arrive in Portugal.
11.00 **Dating Naked UK**
12.00 M'T **Ink Master Redemption** New edition
12.30 AM **Ridiculousness** New edition Rob, Steelo and Lolo Wood keep their heads up to avoid 'balls from above'.
1.00 **Ink Master** Double bill.
2.45 **Caught in the Act: Unfaithful** Redd suspects her fiancée is cheating on her.
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **The Last Alaskans**
9.00 **Gold Rush**
11.00 **Wheeler Dealers World Tour**
1.00 PM **Gold Divers** Double bill.
3.00 **Hoffman Family Gold**
5.00 **Building Off the Grid** A couple build a sustainable straw bale panel house in the Hudson Valley.
6.00 **Baggage Battles** Potentially lucrative items collected by US customs officials. **6.30** The buyers attend a large police auction in LA.

10.00 Gold Divers

7.00 Wheeler Dealers: Dream Car Mike and Elvis help 51-year-old Mo who has been saving up for a Porsche Cayman.

8.00 Roadworthy Rescues Derek and Sean Bieri try to revive an Oldsmobile station wagon Derek has been eyeing for 16 years.

9.00 Deadliest Catch New edition *Wizard* captains Keith and Monte come to blows, while Rick and Bob face a slack tank.

10.00 Gold Divers New edition 1/2. Zeke hits a 'cheesy' gold-rich spot, but the rest of the fleet face new setbacks and foes.

11.00 **Gold Divers** New edition 2/2. At the midpoint of the mining season, tensions run high.
12.00 M'T **Moonshiners** Tickle steals pumpkins from his wife's patch.
1.00 AM **Deadliest Catch**
2.00 **Gold Divers** Double bill.
4.00 **to 5.00** AM **Expedition Bigfoot**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Wild Appalachia**
9.00 **Life at Vet University**
10.00 **Tanked** A giant aquarium.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A cat threatens a woman's livelihood. **4.00** A Bengal cat that is disrupting a friendship.
5.00 **Lone Star Law** A squirrel hunter is caught trespassing.
6.00 **Dr Jeff: Rocky Mountain Vet** A dog goes into cardiac arrest after arriving at the clinic.

8.00 Guardians of the Glades

7.00 Treehouse Masters Pete Nelson builds an outside-in treehouse in Alaska, featuring a sauna in the trees.

8.00 Guardians of the Glades Snake-hunter Dusty Crum is on the hunt for one of the five largest species of snakes.

9.00 Alaska: The Last Frontier Alaskan family the Kilchers struggle through a record-breaking harsh winter.

10.00 Alaskan Bush People Billy and Amy Brown and their children live off the grid and rely on each other to survive.

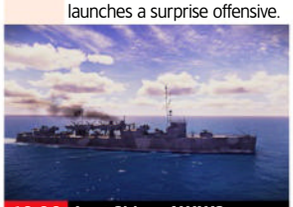
11.00 **Pit Bulls & Parolees** Tia Torres packs up her family to move the operations centre to New Orleans in Louisiana.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Guardians of the Glades**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Europe from Above**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Car S.O.S**
2.00 PM **Hitler's Last Stand**
4.00 **Construction Fails** An overpass on a busy Philadelphia highway sets ablaze after a tanker truck rolls over.
5.00 **Car S.O.S** Tim and Fuzz take on the challenge of restoring a 1953 Riley RMF.
6.00 **Hitler's Last Stand** Himmler launches a surprise offensive.



10.00 Lost Ships of WW2

7.00 Air Crash Investigation Sumatra's worst aviation disaster, in which a plane crashed into the jungle, killing 234 passengers.

8.00 Apocalypse: Hitler Takes on the East Following the German invasion of the USSR during World War Two.

9.00 Apocalypse: Hitler Takes on the East How, in October 1941, Hitler believed his triumph over was USSR is imminent.

10.00 Lost Ships of WW2 The debris trail of the USS *Johnston*, 8000ft deeper than the *Titanic*.

11.00 **Air Crash Investigation**
1.00 AM **To Catch a Smuggler: Tropical Takedown** Agents seize $13.2 million of coke.
2.00 **Made in a Day**
2.30 **Lords of War** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Prairie Dog Dynasty**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Swamp People: Serpent Invasion** Documentary.
6.55 **Storage Hunters**
7.50 **American Pickers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Mysteries Unearthed with Danny Trejo**
1.00 PM **History's Most Shocking**
2.00 **Bone Detectives**
3.00 **Treasures Decoded**
5.00 **WW2 Treasure Hunters**
6.00 **American Pickers** A mind-blowing Alabama collection includes a century of salvage.

9.00 History's Most Shocking

7.00 Forged in Fire Finalists recreate the North African Kabyle flyssa, a blade traditionally used to break mail armour.

8.00 Bone Detectives Scotty Moore visits Scotland, where he examines an ancient skeleton with an unusually deformed skull.

9.00 History's Most Shocking New edition Two kayakers are swallowed alive by a humpback whale.

10.00 History's Greatest Mysteries New edition The death of Bugsy Siegel, who was gunned down in his living room.

11.00 **World's Most Unexplained...**
12.00 M'T **Haunted Hospitals** A social worker battles an evil entity for a young girl's soul.
12.55 AM **Mysteries Unearthed with Danny Trejo** A priceless Ancient Roman mosaic.
1.50 **History's Most Shocking**
2.50 **WW2 Treasure Hunters**
3.40 **Pawn Stars** Documentary.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash**
10.00 **Nazi Hunters**
11.00 **War Factories**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **Nazi Hunters** Hunting for Klaus Barbie and John Demjanjuk.
5.00 **War Factories** The story of the GM Opel Blitz.
6.00 **Antiques Roadshow** The team return to Wentworth Woodhouse, South Yorkshire.

6.00 Antiques Roadshow

7.00 Australia with Simon Reeve How the camel is threatening the fragile desert ecosystem in the heart of Australia.

8.00 Flipping Bangers British car enthusiasts Will and Gus head to London to buy a 1973 Mk 4 Spitfire.

9.00 Bangers & Cash Making Dave go weak at the knees is a very rare 1980s hot hatch – a Citroën Visa GT Tonic.

10.00 Bangers & Cash: Restoring Classics Dave alerts the team to a 1979 Lotus Esprit S3.

11.00 **Bangers & Cash** Dave heads to West Yorkshire to collect a rare 1926 Dodge bus.
12.00 M'T **Find It, Fix It, Flog It** Henry Cole and Simon O'Brien find a Victorian egg incubator.
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Australia with Simon Reeve**

+1 hour 255 329

Tuesday

7 PM 8 PM 9 PM 10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Vintage Voltage**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Yorkshire Auction House**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **Cycling: Vuelta a España** Stage 10.
8.00 **Mike Brewer: Born Dealer** Mike takes the family on a trip down memory lane.
9.00 **Celebrity Yorkshire Auction House** Actor Lisa Maxwell needs help clearing out her clutter.
11.00 **How Do They Do It?**
1.00 AM **Mike Brewer's World of Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
8.00 **Say Yes... Lancashire**
9.00 **Say Yes... UK**
10.00 **Say Yes to the Dress**
11.00 **Crime Stories**
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **On the Case**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Documentary.
4.00 **American Monster**
6.00 **American Detective**
7.00 **Crime Stories**
8.00 **Murder on CCTV**
9.00 **Fatal Destination** New edition True-crime.
10.00 **Forensic Factor: A New Era**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** James VanCallis.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Fraud Squad** The hunt is on for a ruthless fantasist who has defrauded the NHS.
8.00 **Killers: Caught on Camera** Summer Tatum is shot twice by her husband after she discovers his online affair.
9.00 **Bloodline Detectives** A violent murder in southern California. **10.00** An investigation triggered by the murder of two paralegals.
11.00 **Britain's Countryside Killers** The case of Katie Kenyon, who vanished from her home in 2022.
12.00 M'T **Cold Cases Reopened** True-crime.
1.00 AM **Bloodline Detectives** Double bill.
3.00 **Killers: Caught on Camera** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Cold Cases Reopened** Double bill.
11.00 **Facing Evil**
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Cold Cases Reopened** Double bill.
4.00 **Facing Evil** An interview with a woman who was involved in a shoot-out. **4.30** An interview with the sister of a serial killer.
5.00 **Medical Detectives** Insects and a suspicious blonde hair help to track down the killer. **5.30** A fatally wounded woman calls 911. **6.00** The body of a man is found 30 years after he was murdered. **6.30** Deeply religious Gail Fulton is shot in the suburbs of Michigan.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Road Wars**
7.00 **Send in the Dogs**
8.00 **UK Border Force**
9.00 **The Force: Manchester**
10.00 **Caught on Dashcam**
11.00 **Snapped**
12.00 NOON **The Murders at Starved Rock**
1.10 PM **Britain's Most Evil...**
2.05 **Killer in My Village**
3.00 **How I Caught the Killer**
4.00 **World's Most Evil Killers**
5.00 **Murdered at First Sight**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Killing Mum and Dad**
10.00 **The Real Manhunter**
11.00 **Britain's Most Evil Killers**
12.00 M'T **Murder Uncut**
12.55 AM **How I Caught the...**
2.00 **Killer in My Village**
3.00 **Snapped**
4.00 **Border Security: Canada's Front Line**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **Countdown to WWII**
9.50 **Women Under Hitler's...**
10.50 **The Rosenbergs...**
12.00 NOON **Hitler's Gold**
1.00 PM **Grand Tours of...**
1.40 **Countdown to WWII**
2.50 **Women Under Hitler's...**
3.50 **The Rosenbergs: Atomic Spies**
5.00 **Grand Tours of the...**
5.40 **Hitler's Gold**
6.40 **Countdown to WWII**
7.50 **Women Under Hitler's Flag** 2/2. Documentary.
8.50 **NEW The Rosenbergs: Atomic Spies** The story of a couple who found themselves the target of anti-Communist hysteria.
10.00 **Hitler's Gold**
11.00 **Women Under Hitler's Flag** Documentary.
12.00 M'T **The Rosenbergs: Atomic Spies**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **100 Foot Wave**
7.00 **Discovering: Mel Gibson**
8.00 **The Directors**
9.00 **The Seventies**
10.00 **Spector**
10.55 **The Mortician**
12.00 NOON **Tony Hawk: Until the Wheels Fall Off**
2.25 PM **The Lawman**
4.00 **Discovering: Mel Gibson**
5.00 **The Directors**
6.00 **The Seventies**
7.00 **Spector** 2/4. How Phil Spector gained a sinister reputation.
7.55 **The Mortician** 2/3. Abuse allegations lead to the arrest of David Sconce.
9.00 **The Body Next Door** 1-3/3. Documentary about a mysterious death in the South Wales Valleys.
12.00 M'T **The Wimbledon Kidnapping** The disappearance of Muriel McKay in 1969.
2.00 AM **100 Foot Wave**
3.00 **Wework: How to Lose $30b in Two Weeks** Documentary.
5.00 **to 6.00** AM **Discovering: Mel Gibson**

Sky Nature

145 113/114 189 354 369

6.00 AM **Gangs of Lemur Island**
7.00 **Monkey Life**
8.00 **Africa's Hidden Kingdoms**
9.00 **Arabian Inferno**
10.00 **Dawn to Dusk**
11.00 **Hope for Wildlife: The Next Generation**
12.00 NOON **Into the Wild: India**
1.00 PM **Monkey Life**
2.00 **Africa's Hidden Kingdoms**
3.00 **Arabian Inferno**
4.00 **Dawn to Dusk**
5.00 **Land of Primates**
6.00 **Into the Wild: India**
7.00 **Monkey Life** Double bill.
8.00 **Deep Dive North America**
9.00 **Strange Creatures** Double bill.
10.00 **Into the Wild: India** A lion cub is forced to survive alone when his family is torn apart.
11.00 **Land of Primates**
12.00 M'T **Hope for Wildlife: The Next Generation**
1.00 AM **Gangs of Lemur Island**
2.00 **Deep Dive North America**
3.00 **Strange Creatures**
4.00 **Africa's Hidden Kingdoms**
5.00 **to 6.00** AM **Arabian Inferno**

Sky History 2

163/168 143 186

6.00 AM **Life After People**
8.00 **History's Greatest Mysteries**
9.00 **The Abyss: Rise & Fall of the Nazis** Double bill of editions.
11.00 **Ancient Aliens**
1.00 PM **Craig Charles: UFO Conspiracies**
2.00 **Digging for Britain**
4.00 **Life After People**
6.00 **History's Greatest Mysteries**
7.00 **The Abyss: Rise & Fall of the Nazis** The story of how a social protest turned into a racist and anti-Jewish movement during the 1920s. **8.00** Focusing on the events of 1933 and 1934, when President Hindenburg signed a decree that suspended freedom of speech and the first concentration camps for political opponents were set up.
9.00 **Discovered by Disaster**
11.00 **Ancient Aliens** Double bill.
1.00 AM **Craig Charles: UFO Conspiracies**
2.00 **Digging for Britain**
4.00 **History's Greatest Aircraft**
5.00 **to 6.00** AM **Dirty Old Cars**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
8.00 **Killer Town**
9.00 **Murdertown**
10.00 **Buried in the Backyard**
11.00 **#Textmewhenyougethome**
12.00 NOON **A Perfect Scam**
1.00 PM **Somebody's Hiding...**
2.00 **Judge Rinder's Crime Stories**
3.00 **Cops Who Kill with Will Mellor**
4.00 **Murdertown**
5.00 **When Missing Turns to Murder**
6.00 **Imperfect Murder**
7.00 **An Hour to Kill**
8.00 **Somebody's Hiding Something** New edition
9.00 **Last Night Out** New edition
10.00 **The Real Murders of Atlanta** New edition A matriarch and businesswoman is found dead.
11.00 **Lie Detector: Truth or Deception** With Shannon Price.
1.00 AM **Last Night Out**
2.00 **The Real Murders of Atlanta**
3.00 **A Perfect Scam**
4.00 **When Missing Turns to Murder**
5.00 **to 6.00** AM **Buried in the...**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Hostile Planet**
10.00 **Monster Fish**
11.00 **Critter Fixers: Country Vets**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Wild Coasts**
3.00 **National Parks: USA**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** The flamingos get their annual exam.
8.00 **Fish Tank Kings** Cesar Milan wants an aquarium at his desert retreat for dogs.
9.00 **Chasing Rhinos** Billy Bush joins a patrol protecting rhinos from poachers.
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **Animal Fight Club**
1.00 AM **Last of the Giants: Wild Fish** Cyril Chauquet and his crew search for a muturo.
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **World's Deadliest**

Discovery History

174 147 181 320 325

7.00 AM **Greatest Events of World War II** As shown at 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** The wide variety of planets that make up the universe.
8.00 **Greatest Events of World War II** Colourised footage depicts the Germans' artillery barrage against the Allies during the Battle of the Bulge.
9.00 **Ancient Unexplained Files** Uncovering the mystery behind human skulls from Chile.
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Hornby: A Model World**
1.00 PM **Hornby: A Model World**
7.00 **Hornby: A Model World** Young designer Paramjit Sembhi takes on the challenge of building a new version of the iconic RAF fighter of World War Two – the Spitfire. **8.00** After visiting an original Mosquito at the de Havilland aircraft museum, Airfix designer Paramjit attempts to shrink the wooden wonder to 1:72 scale. **9.00** Creating a perfect diecast replica of a 1940s Merchant Navy steam locomotive is the latest task for the design team. **10.00** Experienced designer Carl attempts to recreate a World War One biplane as a 1:48 scale Corgi model. **11.00** Designer Sam creates a model of Winston Churchill's funeral wagon, and first-time modeller Simon builds Britain's biggest model railway layout.
12.00 M'T **Hornby: A Model World**
5.20 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 141 166

8.00 AM **Primal Instinct**
9.00 **True Conviction**
11.00 **The Perfect Murder**
1.00 PM **Death by Fame**
3.00 **Blood Runs Cold**
5.00 **Love Kills**
6.00 **Forbidden: Dying for Love**
7.00 **Murder Chose Me** The case of McDaniel Smith, who was shot dead in the street next to his car. **8.00** A father-of-three is shot dead in a hail of gunfire.
9.00 **Evil Lives Here: The Killer Speaks** After years apart, Jamie-Lee reunites with her father, Isakin Drabbad, known as the 'Skara Cannibal', to confront him on the infamous, brutal murder of his girlfriend.
11.00 **A Body in the Snow: The Trial of Karen Read** Police arrest Karen Read for the murder of her boyfriend, John O'Keefe.
12.00 M'T **The Real Story with Maria Elena Salinas** Double bill.
2.00 AM **Love Kills**
3.00 **Forbidden: Dying for Love**
4.00 **to 6.00** AM **Murder Chose Me**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrapyard Dynasty**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Bad Chad Customs**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Outback Car Hunters**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Bad Chad Customs**
4.00 **Shorty's Dream Shop**
5.00 **Salvage Hunters: Classic Cars**
6.00 **Motor Pickers**
7.00 **Shed and Buried**
8.00 **Shorty's Dream Shop** Shorty takes on a 1969 C10.
9.00 **Richard Hammond's Workshop** Some of the precious classic cars and motorbikes go to auction with no reserve.
10.00 **Bad Chad Customs**
11.00 **Shed and Buried**
12.00 M'T **Shorty's Dream Shop**
1.00 AM **Outback Car Hunters**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers: Dream Car**
4.00 **to 5.00** AM **Gear Dogs**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

7.00 AM **Into the Wonderwoods**
8.35 **The Mountain** Comedy drama. (2024, PG, 89min) ★★★★
10.15 **Restless** As 8.00pm.
12.00 NOON **September 5** Thriller. (2024, 15, 95min) ★★★★
1.45 PM **The Surfer** As 11.40pm.
3.40 **The Lord of the Rings: The War of the Rohirrim** Animation. (2024, 12) ★★★★
6.00 **Sonic the Hedgehog 3** Fantasy adventure sequel. (2024, PG, 110min) ★★★

6.00 Sonic the Hedgehog 3

8.00 **Restless** Dark thriller with Lyndsey Marshal. An empty nester's mundane life is upended when raucous new neighbours move in next door. (2024, 15, 89min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **The Prosecutor** Hong Kong thriller starring Donnie Yen. A man falsely pleads guilty to drug trafficking after being framed. Subtitled. (2024, 15, 117min)

11.40 **The Surfer** Thriller with Nicolas Cage and Julian McMahon. (2024, 15, 100min) ★★★★
1.25 AM **Gator Creek** Horror with Athena Strates and Madalena Aragão. (2025, 15, 87min) ★
3.00 **Night Call** French-Belgian thriller starring Jonathan Feltre and Romain Duris. Subtitled. (2024, 15, 97min) ★★★★
4.45 **to 6.15** AM **Into the Wonderwoods** Animation. (2024, PG, 81min) ★★★

Sky Cinema Hits

303 303 403 503 517

6.50 AM **The Great Escaper**
8.30 **Aeon Flux** As 2.30am.
10.10 **Coming 2 America** Comedy. (2021, 12, 108min) ★★★
12.05 PM **Adult Life Skills** Comedy. (2016, 15, 114min) ★★★
1.55 **Borat Subsequent Moviefilm** Spoof documentary sequel. (2020, 15, 95min) ★
3.35 **The Woman in Black** Chiller. (2012, 12, 91min) ★★★★
5.20 **There Will Be Blood** Drama. (2007, 15, 158min) ★★★★★

5.20 There Will Be Blood

8.00 **Man of Steel** Fantasy adventure exploring the origins of the iconic DC Comics character Superman, starring Henry Cavill and Amy Adams. A young outcast with superpowers must confront his destiny when aliens from his home planet threaten Earth. (2013, 12, 143min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **The Birds** Hitchcock horror starring Tippi Hedren. Thousands of birds suddenly start attacking people in a California town for no apparent reason. (1963, 15, 118min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Dorian Gray** Horror. (2009, 15, 112min) ★★★
2.30 **Aeon Flux** Sci-fi action thriller. (2005, 15, 93min) ★★
4.15 **to 6.00** AM **The Great Escaper** Fact-based drama. (2023, 12, 96min) ★★★★

Sky Cinema Drama

310 310 410 510 524

7.10 AM **The Great Escaper** Drama. (2023, 12, 96min) ★★★★
8.50 **Oh! What a Lovely War**
11.15 **Meet Joe Black** Drama. (1998, 12, 181min) ★★★★
2.15 PM **Grease** Smash-hit musical. (1978, PG, 110min) ★★★★
4.10 **Flashdance** Dance drama. (1983, 15, 96min) ★★★
5.50 **Young at Heart** Musical. (1954, U, 117min) ★★★

8.00 **It Ends with Us** Drama based on Colleen Hoover's novel, starring Blake Lively. A woman's abusive relationship is shaken after her first love reappears. With Justin Baldoni and Hasan Minhaj. (2024, 15, 125min) ★★★
10.15 **Boy Meets Boy** Drama starring Matthew Morrison and Alexandros Koutsoulis. When two men cross paths in Berlin, a simple afternoon in the big city soon takes on a greater meaning. (2021, 15, 75min) ★★★

11.40 **Oh! What a Lovely War** Satirical anti-war musical. (1969, PG, 144min) ★★★★
2.05 AM **Sunset Boulevard** Drama. (1950, b/w, PG, 110min) ★★★★★
4.00 **to 6.10** AM **A League of Their Own** Comedy drama. (1992, PG, 124min) ★★★★

Sky Cinema Monsters

311 311 411 511 525

6.15 AM **R.I.P.D** Action comedy fantasy. (2013, 12, 96min) ★★★
7.55 **Total Recall** Sci-fi thriller remake starring Colin Farrell. (2012, 12, 113min) ★★★
9.55 **Zombie Town** Horror comedy. (2023, 12, 92min) ★★
11.30 **Lisa Frankenstein** As 12.00m't.
1.15 PM **King Kong** Peter Jackson's monster movie remake. (2005, 12, 187min) ★★★★

4.25 **Cloverfield** Offbeat disaster movie. (2007, 15, 81min) ★★★
6.00 **10 Cloverfield Lane** Thriller. (2016, 12, 103min) ★★★★
8.00 **Godzilla** Monster thriller remake starring Aaron Taylor-Johnson and Bryan Cranston. (2014, 12, 118min) ★★★
10.05 **Abigail** Horror starring Melissa Barrera and Dan Stevens. (2024, 18, 105min) ★★★★
12.00 M'T **Lisa Frankenstein** Horror comedy with Kathryn Newton. (2024, 15, 101min) ★★★

1.45 AM **The Mummy: Tomb of the Dragon Emperor** Adventure sequel. (2008, 12, 112min) ★★★
3.40 **Gator Creek** Horror with Athena Strates. (2025, 15, 87min) ★
5.15 **to 7.05** AM **Warm Bodies** Horror comedy with Nicholas Hoult. (2013, 12, 94min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Back to School

306 306 406 506 519

6.05 AM **The Cinema List**
6.20 **Lego DC Comics Super...**
7.20 **DC Super Hero Girls...**
8.50 **Teen Titans Go! to the Movies**
10.30 **Zathura: A Space Adventure** Fantasy. (2005, PG) ★★★★
12.20 PM **Journey to the Center of the Earth** (2008, PG) ★★
2.10 **Journey 2: The Mysterious Island** (2012, PG) ★★★
4.00 **The Spiderwick Chronicles** Fantasy. (2008, PG) ★★★★
5.50 **Jumanji** (1995, PG) ★★★★

10.10 Robin and the Hoods

7.45 **Hook** Steven Spielberg's fantasy adventure based on JM Barrie's *Peter Pan*, starring Robin Williams and Dustin Hoffman. A middle-aged Peter Pan has to rediscover his former self to save his children from his old enemy, Captain Hook. (1991, U, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Robin and the Hoods** Comedy starring Naomie Harris and Darcey Ewart. (2024, PG, 101min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **The Tiger Rising** Drama. (2022, PG, 102min) ★★★
1.50 AM **DC Super Hero Girls: Legends of Atlantis** Animation. (2018, PG, 75min) ★★★
3.20 **Lego DC Comics Super Heroes: Justice League vs Bizarro League** Animation. (2015, U, 49min) ★★★
4.25 **to 6.05** AM **Teen Titans Go! to the Movies** Animation. (2018, PG, 84min) ★★★

Sky Cinema Action

307 307 407 507 521

7.20 AM **Troy** Epic historical drama. (2004, 15, 163min) ★★★
10.05 **Bad Boys** Action comedy. (1995, 15, 118min) ★★★
12.05 PM **Bad Boys II** Action comedy. (2003, 15, 147min) ★★★
2.35 **Bad Boys: Ride or Die** Action comedy. (2024, 15) ★★★
4.35 **Charlie's Angels** Comedy thriller. (2000, 15) ★★★★
6.15 **Charlie's Angels: Full Throttle** Comedy thriller sequel. (2003, 12, 106min) ★★

8.05 Baby Driver

8.05 **Baby Driver** Music-themed action thriller starring Ansel Elgort and Kevin Spacey. A young getaway driver finds himself taking part in a heist doomed to fail. With Lily James, Jamie Foxx and Jon Hamm. (2017, 15, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Arcadian** Dystopian thriller starring Nicolas Cage. A father and his two sons face off against terrifying creatures in a remote farmhouse. (2024, 15, 92min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **300: Rise of an Empire** Fantasy adventure sequel. (2014, 15, 100min) ★★★
1.30 AM **Hellboy** Horror fantasy. (2004, 12, 122min) ★★★★
3.45 **Crank** Action thriller. (2006, 18, 88min) ★★★★
5.15 **to 7.05** AM **Long Gone Heroes** Action thriller. (2024, 15, 101min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.05 AM **The Fighting Temptations** Musical. (2003, PG,) ★★★
8.10 **The Holdovers** Comedy drama. (2023, 15, 133min) ★★★★★
10.30 **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
12.30 PM **Mamma Mia! Here We Go Again** (2018, PG) ★★★★
2.30 **Multiplicity** (1996, 12) ★★★
4.35 **Wayne's World** Comedy. (1992, PG, 95min) ★★★★
6.15 **Wayne's World 2** Comedy sequel. (1993, PG) ★★★

4.35 Wayne's World

8.00 **Ace Ventura Pet Detective** Comedy starring Jim Carrey as a Miami private detective who specialises in tracking down lost pets. (1993, 12, 86min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 **Ace Ventura: When Nature Calls** Comedy sequel starring Jim Carrey as pet detective Ace Ventura, here searching for a sacred white bat in Africa. With Ian McNeice. (1995, PG, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Crazy Rich Asians** Comedy starring Constance Wu. (2018, 12, 120min) ★★★★
1.15 AM **Tropic Thunder** Spoof war movie co-written, directed by and starring Ben Stiller. (2008, 15, 107min) ★★★★
3.15 **The Men Who Stare at Goats** Offbeat comedy. (2009, 15, 89min) ★★★
5.00 **to 6.40** AM **David Brent: Life on the Road** Comedy spin-off. (2016, 15, 96min) ★★

Sky Cinema Thriller

309 309 409 509 523

6.10 AM **Melancholia** As 4.00am.
7.40 **Every Breath You Take** Thriller. (2021, 15) ★★★
9.30 **False Positive** Horror. (2021, 15, 92min) ★★
11.15 **Dead Shot** Action thriller. (2023, 15, 92min) ★★★
1.00 PM **In the Line of Fire** Thriller. (1993, 15, 127min) ★★★★
3.20 **The Da Vinci Code** Thriller. (2006, 12, 149min) ★★★
6.00 **Now You See Me** Thriller. (2013, 12, 115min) ★★★

8.00 Angels & Demons

8.00 **Angels & Demons** Mystery thriller based on the novel by Dan Brown, starring Tom Hanks and Ewan McGregor. Harvard professor Robert Langdon must solve a series of cryptic riddles to prevent a hidden time bomb from destroying the Vatican. (2009, 12, 138min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **Serpico** Fact-based crime drama starring Al Pacino as an idealistic New York cop who blows the whistle on his corrupt police colleagues. (1973, 18, 130min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **The Royal Hotel** Thriller. (2023, 18, 91min) ★★★
2.10 **Nighthawks** Action thriller. (1981, 18, 99min) ★★★
4.00 **Melancholia** Thirller. (1989, 15, 85min) ★★★
5.40 **to 8.10** AM **Detroit** Drama. (2017, 15, 143min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Faintheart** Comedy. (2008, 12, 90min) ★★★
12.50 PM **The Sheriff of Fractured Jaw** Comedy. (1958, U) ★★★
2.55 **Nicholas Nickleby** Charles Dickens adaptation. (1947, b/w, U, 103min) ★★★★
5.05 **Gideon of Scotland Yard** Drama. (1958, PG, 91min) ★★
6.55 **The Day the Earth Stood Still** Sci-fi thriller remake. (2008, 12, 104min) ★★

6.55 The Day the Earth Stood...

8 PM **The Day the Earth Stood Still** (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **Bloodshot** Sci-fi thriller starring Vin Diesel, Eiza Gonzalez and Guy Pearce. A resurrected Marine with augmented abilities tries to solve a conspiracy that robbed him of the woman he loved. With Sam Heughan. (2020, 12, 109min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM **11.10** **Rocketman** Biographical drama starring Taron Egerton. Elton John enters an addiction rehabilitation session, and recounts his extraordinary life in a flashback. With Jamie Bell. (2019, 15, 121min) ★★★★
1.30 **to 3.50** AM **Corsage** Drama starring Vicky Krieps and Colin Morgan. Partly subtitled. (2022, 15, 116min) ★★★★

11 PM

+1 hour 314 430 47 301 257

Sky Cinema 90s

302 302 402 502 516

6.50 AM **Jerry Maguire** Romantic comedy drama with Tom Cruise. (1996, 15, 139min) ★★★★
9.10 **Meet Joe Black** As 1.20am.
12.10 PM **Schindler's List** Steven Spielberg's historical drama. (1993, 15, 195min) ★★★★★
3.25 **The Bodyguard** Romantic thriller starring Kevin Costner and Whitney Houston. (1992, 15, 129min) ★★★

5.35 **The Shawshank Redemption** Prison drama starring Tim Robbins and Morgan Freeman. (1994, 15, 142min) ★★★★★
8.00 **Saving Private Ryan** Director Steven Spielberg's harrowing World War Two drama starring Tom Hanks, Matt Damon, Tom Sizemore and Edward Burns. A small team of US soldiers are sent to find and rescue a young private whose three brothers have been killed in action. (1998, 15, 169min) ★★★★★

10.50 **The Fisher King** Terry Gilliam's urban fable with Robin Williams. (1991, 15, 137min) ★★★★★
1.20 AM **Meet Joe Black** Drama. (1998, 12, 181min) ★★★★
4.30 **Sky Cinema Preview**
5.30 **to 7.35** AM **Congo** Adventure. (1995, 12, 108min) ★★★

Sky Cinema Greats

304 304 404 504 518

7.20 AM **Two Mules for Sister Sara**
9.20 **Superman** Fantasy adventure. (1978, PG, 143min) ★★★★
11.45 **Superman II** Fantasy sequel. (1980, PG, 127min) ★★★
1.55 PM **Superman III** Fantasy sequel with Christopher Reeve. (1983, PG, 123min) ★★★
4.00 **Superman IV: The Quest for Peace** Fantasy adventure sequel. (1987, PG, 90min) ★

5.35 **Clear and Present Danger** Action thriller starring Harrison Ford. (1994, 12, 141min) ★★★
8.00 **True Grit** Oscar-winning Western starring John Wayne. The daughter of a murdered man enlists an over-the-hill marshal to help track down the killer. With Kim Darby. (1969, PG, 128min) ★★★★★
10.10 **The Great Escape** Classic PoW escape adventure starring Steve McQueen and James Garner. (1963, PG, 166min) ★★★★★

1.05 AM **Lawless** Crime drama starring Shia LaBeouf and Tom Hardy. (2012, 18, 111min) ★★★★
3.05 **The Warriors** Urban thriller. (1979, 15, 94min) ★★★
4.40 **to 6.40** AM **Two Mules for Sister Sara** Comedy Western. (1969, 15, 114min) ★★★

Sky Cinema Animation

305 305 412 500 514

6.30 AM **9** As shown at 12.20am.
7.55 **Fox and Hare Save the Forest**
9.20 **Rugrats in Paris** Animation. (2000, U, 79min) ★★★
10.50 **Shrek** Animated comedy. (2001, U, 90min) ★★★★★
12.30 PM **Home** Animated adventure. (2014, U, 94min) ★★★
2.15 **The Nut Job** As 10.50pm.
4.00 **Shrek 2** Animated sequel. (2004, U, 93min) ★★★★★

5.40 **The Adventures of Tintin: The Secret of the Unicorn** Steven Spielberg's animated adventure with the voice of Jamie Bell. (2011, PG, 106min) ★★★★★
7.35 **Monsters vs Aliens** Animation. (2009, PG, 90min) ★★★
9.20 **Spirit: Stallion of the Cimarron** Animated family adventure. (2002, U, 84min) ★★★
10.50 **The Nut Job** Animated comedy. (2014, U, 85min) ★★★
12.20 AM **9** Animated sci-fi fantasy. (2009, 12, 79min) ★★★

1.45 **Fox and Hare Save the Forest** Animated family adventure. (2024, U, 71min) ★★★
3.05 **Rugrats Go Wild** Animation. (2003, U, 81min) ★★★
4.35 **Sky Cinema Preview**
5.25 **to 7.20** AM **The Inventor** Animation. (2023, PG) ★★★

Movies 24

312 313 419

7.00 AM **Autumn at Apple Hill** Comedy. (2024, PG, 84min) ★★
9.00 **Styled with Love** Romantic comedy. (2022, PG, 89min) ★★
11.00 **Love & Jane** Romantic fantasy. (2024, PG, 84min) ★★
1.00 PM **Notes of Autumn** Romantic drama. (2023, PG, 90min) ★★
3.00 **Luckless in Love** Romantic comedy starring Paniz Zade. (2023, PG, 86min) ★★

5.00 **The Reluctant Royal** Romantic comedy. (2025, PG, 84min) ★★
7.00 **Journey to You** Romance starring Erin Cahill and Erik Valdez. (2025, PG, 84min) ★★
9.00 **Return to Office** Romance starring Janel Parrish and Scott Michael Foster. Two co-workers who share a desk but work on different days begin a romance through notes left at the office. (2025, PG, 84min) ★★
11.00 **The Best Version of Love** Comedy. (2023, PG, 86min) ★★

1.00 AM **Modeled with Love** Romance starring Ashley Argota Torres. (2023, PG, 90min) ★★
3.00 **to 5.00** AM **Haunted Wedding** Fantasy comedy starring Janel Parrish. (2024, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Marked Men** Crime drama. (1940, PG, 64min) ★★★
7.10 **The Dark Eyes of London** Horror. (1939, b/w, PG) ★★★
8.40 **Stolen Face** (1952, PG) ★★
10.10 **The Gambler and the Lady** Thriller. (1952, b/w, PG, 74min) ★
11.40 **Lydia** (1941, b/w, PG) ★★
1.35 PM **Night Boat to Dublin** Thriller. (1945, b/w, PG, 91min) ★★
3.30 **What's On TPTV with Noel**

3.40 **The Quiet Woman** Thriller. (1950, b/w, U, 70min) ★★★
5.10 **Look at Life**
5.20 **Edgar Wallace Mystery Theatre**
6.30 **Four Star Theatre** 5/8. (S6)
7.05 **Batman** 24/60. (S2)
7.35 **Dial 999** 21/39. (S1)
8.10 **A Hill in Korea** War drama. (1956, b/w, PG, 75min) ★★★
9.50 **Cellar Club with Caroline Munro**
9.55 **Willard** Horror starring Bruce Davison. (1971, U, 95min) ★★★
11.45 **Cellar Club with Caroline Munro**
11.50 **Sisters** Horror. (1973, 18) ★★★★

1.40 AM **Cellar Club with Caroline...**
1.45 **The Hand** Crime thriller. (1960, b/w, PG, 61min) ★★★
3.00 **It Can Be Done Amigo** Western. (1972, PG, 119min) ★★★
5.00 **Tell Me Another** 6/9. (S1)
5.30 **to 6.00** AM **The Beverly Hillbillies**

Tuesday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.30 **Transfer 360**
9.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live** The stories making the headlines.
12.30 PM LIVE **One-Day International Cricket England v South Africa.** Coverage of the first one-dayer in the three-match series, staged at Headingley.
8.30 LIVE **US Open Tennis** Coverage of day 10 of the Grand Slam from the USTA Billie Jean King National Tennis Center in Flushing Meadows, New York, where the men's and women's quarter-finals are due to begin.
12.00 M'T LIVE **US Open Tennis** Continued coverage of day 10 of the Grand Slam from the USTA Billie Jean King National Tennis Center in Flushing Meadows, New York. Emma Navarro ensured there would be two American players in the last-four of the women's draw at last year's tournament as she claimed a 6-2, 7-5 win over Paula Badosa.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
6.30 **Premier League Highlights**
8.30 **Transfer 360**
9.00 **Premier League Highlights**
10.00 **Sky Sports FC**
12.00 NOON **SNF** Action from Leeds United v Newcastle United.
12.30 PM **Premier League Highlights**
2.30 **Transfer 360** As 8.30pm.
3.00 **Premier League Highlights** Action from Brighton & Hove Albion v Manchester City. **3.30** Liverpool v Arsenal. **4.00** Aston Villa v Crystal Palace.
4.30 **Transfer 360** As 8.30pm.
5.00 **The Premier League Show**
7.00 **Match Officials Mic'd Up**
7.30 **Premier League Review**
8.30 **Transfer 360** The inside story of why Emmanuel Adebayor left Arsenal for Manchester City.
9.00 **Premier League Review**
10.00 **Match Officials Mic'd Up**
10.30 **Netbusters** Recent action.
11.00 **Premier League Years**
1.00 AM **PL Retro** A replay of Fulham v Manchester United from 2007.
3.00 **PL Greatest Games**
4.00 **Best PL Goals 2017/18**
5.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Championship Retro**
8.45 **EFL Greatest Games**
10.00 **EFL Cup Retro** The 2014 final.
11.00 **Craig Brown: My Scotland**
11.30 **Jimmy Glass: The Great Escape**
12.00 NOON **EFL League One Goals**
12.30 PM **EFL League Two Goals**
1.00 **EFL Highlights** Championship.
3.00 **SPFL Round-Up**
3.15 **SPFL Highlights**
3.45 **EFL Highlights** Championship.
5.30 **EFL Greatest Games**
6.00 **EFL Highlights**
6.30 **SPFL Round-Up**
6.45 **SPFL Highlights**
7.15 **EFL Highlights** Oxford United v Coventry City in the Championship. **7.30** Portsmouth v Preston. **7.45** Action from Sheffield Wednesday v Swansea City.
8.00 **EFL Highlights** Championship.
9.00 **EFL League One Goals**
9.30 **EFL League Two Goals**
10.00 **EFL Highlights**
10.15 **SPFL Round-Up**
10.30 **SPFL Highlights**
11.00 **EFL Greatest Games**
12.00 M'T **EFL** Championship play-offs.
3.00 AM **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **Best Goals: EFL Cup 24/25**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **Best of England v South Africa** Archive highlights.
7.00 **The Hundred Bitesize**
7.30 **Best of England v South Africa**
8.00 **One-Day International Cricket**
12.00 NOON **Best of England v South Africa** Archive highlights.
12.30 PM LIVE **One-Day International Cricket England v South Africa.** Coverage of the first one-dayer in the three-match series, held at Headingley. The last meeting between the sides in this format came in the ICC Champions Trophy in March of this year in Karachi. South Africa claimed a seven-wicket triumph on that occasion after bowling England out for 179 in just 30 overs, before half-centuries by Rassie van der Dussen and Heinrich Klaasen helped to seal the victory.
9.00 **Best of England v South Africa**
10.00 **One-Day International Cricket**
11.00 **Best of England v South Africa**
12.00 M'T **One-Day International Cricket** Recent highlights.
4.00 AM **Best of England v South Africa** Archive action.
5.00 **to 6.00** AM **One-Day International Cricket**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Golf Academy**
7.00 **Playing Lessons** Expert advice.
8.00 **Nick Dougherty's Tee Time Tips**
9.00 **The Open Zone**
9.30 **DP World Tour Golf**
10.00 **Ryder Cup Captain's Picks**
11.00 **LPGA Tour Golf** Highlights.
2.00 PM **Best of the Open Zone**
3.00 **Golf Academy** Expert advice.
4.00 **Playing Lessons**
5.00 **Nick Dougherty's Tee Time Tips**
5.30 **DP World Tour Golf**
6.00 **Ryder Cup Captain's Picks**
7.00 **Ryder Cup 2023: Una Famiglia**
9.00 **Countdown to the Ryder Cup**
9.30 **PGA Tour Golf** A review of the Tour Championship.
10.30 **Ryder Cup Captain's Picks**
11.30 **DP World Tour Golf**
12.00 M'T **The Open Zone**
1.00 AM **Golf Academy**
2.00 **Playing Lessons** Expert advice.
3.00 **Nick Dougherty's Tee Time Tips**
4.00 **The Open Zone**
5.00 **to 6.00** AM **Best of the Open Zone 2024**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **US Open Tennis**
1.30 PM **US Open Tennis** Day nine.
4.00 LIVE **US Open Tennis** Coverage of day 10 of the Grand Slam from the USTA Billie Jean King National Tennis Center in Flushing Meadows, New York, where the men's and women's quarter-finals are due to begin.
12.00 M'T LIVE **US Open Tennis** Further coverage of the 10th day of the Grand Slam. Emma Navarro ensured there would be two American players in the last-four of the women's draw at last year's tournament as she claimed a 6-2, 7-5 win over Paula Badosa.
5.30 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **La Vuelta Men** Stage nine.
7.00 **The Gruppetto** Cycling action.
7.15 **Under the Lights**
7.30 **The Football Archives: UEFA Champions League**
11.00 LIVE **Cycling: Tour of Britain** The first stage, a 167.6km route from Woodbridge to Southwold.
3.30 PM **The Gruppetto**
3.45 **MLB Highlights**
4.45 **Premier League Review**
5.45 **Playing for Our Future**
6.00 **Premier League Netbusters**
6.30 **Premier League Stories**
7.00 **Pound Land** The story of Ken Bates and Matthew Harding.
8.30 **UEFA Champions League Greatest Nights**
9.30 **Premier League Reload**
9.45 **What I Wore** Michel Salgado.
10.00 **WNBA** Action from Golden State Valkyries v Washington Mystics.
11.00 **MLB Classic** Archive action.
11.30 **MLB Highlights**
12.30 AM **MLB Lead Off**
1.00 LIVE **MLB Houston Astros v New York Yankees.** Coverage of the American League match at Daikin Park. Start-time 1.10am.
4.00 **MLB Closer** Match review.
4.30 **to 6.00** AM **MLB Classic**

TNT Sports 2

411 414 522 409 431

6.00 AM **MotoGP Classics**
9.00 **One Day International Cricket**
12.00 NOON **MLB Highlights**
1.00 PM **SailGP Highlights**
7.00 **Onboard** A look at the Ocean Race Europe in Montenegro.
7.30 **Snooker Wuhan Open** A look back at the best stories and action from the tournament.
8.30 **T100 Triathlon World Tour Highlights** The fifth round of the season on the French Riviera.
9.30 **Porsche Supercup** The Dutch Grand Prix at Circuit Zandvoort.
10.30 **SailGP – Racing on the Edge** An unprecedented look at SailGP and the sport's best athletes.
11.00 **Onboard** A look at the Ocean Race Europe in Montenegro.
11.30 **The Grudge** A look at the Five Nations rugby match between Scotland and England in 1990.
1.00 AM **Gallagher Premiership Rugby** Action from 2024/25.
3.00 **SailGP: Racing on the Edge**
3.30 **The Gruppetto** Cycling action.
3.45 **La Vuelta Men** The 10th stage.
4.45 **1967: When LA Wolves Conquered the USA**
5.15 **TNT Sports Cricket Reload**
5.45 **to 6.00** AM **The Pioneers**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **British and Irish Lions Tour** Queensland Reds v British & Irish Lions staged at Suncorp Stadium.
7.00 **The Rugby Championship** South Africa v Australia.
9.00 **The Rugby Championship** Argentina v New Zealand.
11.00 **Premier League Darts** Another chance to see night two of the tournament from OVO Hydro.
3.00 PM **The Rugby Championship** South Africa v Australia staged at DHL Stadium in Cape Town.
5.00 **The Rugby Championship** Argentina v New Zealand at José Amalfitani Stadium, Buenos Aires.
7.00 **British and Irish Lions Tour** Queensland Reds v British & Irish Lions from Suncorp Stadium. **8.00** NWS Waratahs v British & Irish Lions at Allianz Stadium.
9.00 **Premier League Darts** Another chance to see night two of the tournament at OVO Hydro. The quarter-final matches were Rob Cross v Luke Littler, Michael van Gerwen v Stephen Bunting, Nathan Aspinall v Gerwyn Price, and Luke Humphries v Chris Dobey.
1.00 AM **British and Irish Lions Tour**
2.00 **to 6.00** AM **The Rugby Championship**

Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.30 **Transfer 360**
9.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk**
2.30 **Transfer 360** The inside story of why Emmanuel Adebayor left Arsenal for Manchester City.
3.00 **Sports Desk** Sports news with live analysis and comments.
4.00 LIVE **US Open Tennis** Coverage of day 10 of the Grand Slam at the USTA Billie Jean King National Tennis Center, where the men's and women's quarter-finals are due to commence. Karolina Muchová was the only unseeded player to reach the last-16 of last year's tournament, and she ensured her quest for the championship would continue into the last four as she triumphed 6-1, 6-4 over Beatriz Haddad Maia. Elsewhere, the top women's seed, Iga Swiatek, saw her participation come to an end as she lost 6-2, 6-4 to Jessica Pegula.
12.00 M'T **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **DP World Tour Golf**
7.30 **HotelPlanner Tour Golf**
8.00 **Formula 1** Dutch Grand Prix.
9.00 **The Hundred Bitesize**
10.00 **DP World Tour Golf**
10.30 **HotelPlanner Tour Golf**
11.00 **LPGA Tour Golf**
2.00 PM **PL Greatest Games**
3.00 **The Hundred** The women's final.
6.15 **The Hundred Bitesize**
6.30 **HotelPlanner Tour Golf**
7.00 **DP World Tour Golf**
7.30 **Formula 1** Recent action.
9.30 **HotelPlanner Tour Golf**
10.00 **DP World Tour Golf**
10.30 **The Hundred Bitesize**
11.00 **British and Irish Lions Tour**
12.00 M'T **PL Greatest Games**
1.00 AM **PDC Classics** Archive action.
3.00 **EFL Greatest Games**
4.00 **The Open Zone**
5.00 **to 6.00** AM **Best of the Open Zone 2024**

TNT Sports 3

413 415 523 410 432

6.00 AM **ABB FIA Formula E World Championship Highlights**
11.00 **WRC Review** Rally Paraguay.
12.00 NOON **Fishing: On the Bank**
1.00 PM **SailGP: Racing on the Edge**
1.30 LIVE **Cycling: La Vuelta Men** Coverage of stage 10 of the Grand Tour race, a 175.3km route from Parque de la Naturaleza Sendaviva to an uphill finish in El Ferial Larra Belagua.
5.00 **Cycling Africa** A look at an inspiring cycling revolution that is unfolding across the continent.
6.15 **MLB Highlights**
7.15 **UEFA Champions League**
8.15 **Marathons** Action from Sydney.
9.15 **Onboard** Ocean Race Europe.
9.45 **The Gruppetto** Cycling action.
10.00 **La Vuelta Men** The 10th stage.
11.00 **Tour of Britain** Stage one.
12.00 M'T **UFC Reloaded** Stipe Miocic v Junior Dos Santos at UFC 211.
5.00 **to 6.00** AM **UFC Fight Flashback**

TNT Sports 4

414 416 524 411 434

6.00 AM **AFL** A replay of Collingwood Magpies v Carlton Blues. **8.00** Another chance to see Gold Coast Suns v Adelaide Crows. **10.00** A chance to see Fremantle Dockers v Western Bulldogs.
12.00 NOON **AFL** West Coast Eagles v Essendon Bombers. **1.30** PM A chance to see Geelong Cats v Hawthorn Hawks. **3.00** Essendon Bombers v North Melbourne Kangaroos.
4.30 **NWSL** Orlando Pride v Gotham. **5.30** Highlights of Kansas City Current v North Carolina Courage.
6.30 **1967: When LA Wolves Conquered the USA** How Wolverhampton Wanderers helped introduce football to the USA.
7.00 **Fishing: On the Bank**
8.00 **WRC Review** The latest action from the Rally Paraguay.
9.00 **AFL** Four match replays.
3.00 **to 6.00** AM **The Football Archives: Champions League**

Premier Sports 1

419 551

6.00 AM **World Surf League**
7.00 **Transworld Sport** Magazine.
8.00 **Euro Le Mans Highlights**
9.00 **Football Highlights**
11.00 **Michelin Le Mans Cup**
11.30 **Football Highlights**
1.00 PM **Motorsport** Valentino Rossi.
1.30 **Transworld Sport** Magazine.
2.30 **Motorsport** Le Mans 24 Hours.
3.00 **LaLiga Match Highlights**
4.00 **Eredivisie Highlights**
5.00 **Michelin Le Mans Cup**
5.30 **Top 14 Rugby Union Highlights**
6.30 **NASCAR Highlights**
7.30 **LaLiga Specials**
8.30 **World of FreeSports**
9.00 **Scottish Football Social Club**
10.00 **Euro Le Mans Highlights**
11.00 **Eredivisie Highlights**
12.00 M'T **Michelin Le Mans Cup**
12.30 AM **NASCAR Highlights**
1.30 **Top 14 Rugby Union Highlights**
2.30 **Transworld Sport** Magazine.
3.30 **World Surf League**
4.30 **FIM Sidecarcross**
5.30 **to 6.00** AM **Motorsport**

Premier Sports 2

420 552

6.00 AM **NASCAR** The Cook Out Southern 500, the 27th round of the campaign staged at Darlington Raceway in South Carolina.
10.00 **GP Confidential**
10.30 **Temples of Sport**
11.00 **LaLiga** Another chance to see Real Betis v Athletic Bilbao.
1.00 PM **LaLiga** Another chance to see Alavés v Atlético Madrid.
3.00 **SPFL** Dundee v Dundee United.
5.00 **LaLiga** Celta Vigo v Villarreal.
7.00 **LaLiga** Another chance to see Rayo Vallecano v Barcelona.
9.00 **LaLiga Specials** A look at the best saves from 2024/25.
9.30 **Football's Greatest**
10.00 **LaLiga** Valencia v Getafe.
12.00 M'T **SPFL** Another chance to see Dundee v Dundee United.
2.00 AM **NASCAR Xfinity Series** The Pacific Office Automation 147 at Portland International Raceway.
5.00 **Bike World** Magazine.
5.30 **to 6.00** AM **GP Confidential**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1** Italian Grand Prix.
9.00 **GB3 Championship Highlights**
10.00 **British GT Championship**
11.00 **Formula 1** Action from Italy.
1.00 PM **Carlos Sainz & the Lie Detector**
1.15 **Formula 1** Italian Grand Prix.
3.10 **Mavericks in F1**
3.20 **Oscar Piastri & Martin Brundle**
3.30 **Formula 1** Action from Italy.
5.30 **Carlos Sainz & the Lie Detector**
5.45 **Formula 1** Italian Grand Prix.
7.45 **Lando Norris & Naomi Schiff**
7.55 **F1 Explained: Pit Loss**
8.00 **Formula 1** Highlights of the Italian Grand Prix from 2015 to 2019.
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Wednesday

3 September

Evening Planner

Reality

Stranded on Honeymoon Island
BBC1, 9pm
Twelve singletons look for love on a tropical island. Davina McCall presents.

Documentary

Long Lost Family: The Mother and Baby Home Scandal
ITV1, 9pm
Mothers track down their adopted babies.

Crime Drama

A Remarkable Place to Die
U&Drama, 9pm (box set, U)
A detective returns to her hometown in New Zealand, with the hope of solving the mystery of her sister's death.

OnDemand

NETFLIX

Wednesday
Available today
As the second half of season 2 drops today, Wednesday wakes to find she has a new spirit guide – the late Principal Weems.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 MasterChef		9.00 Stranded on Honeymoon Island		10.00 News; Local News	
	102 BBC2	7.00 SOS: Extreme...	7.30 Grand Tours of...	8.00 The Secret Genius of Modern Life		9.00 Nazis, U-Boats and the Battle for the...		10.00 Limbs in the...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Long Lost Family: The Mother and...		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 George Clarke's Remarkable...		9.00 Grand Designs		10.00 The Jury Australia: Death on the...	
	105 5	7.00 Shetland: Scotland's Wondrous Isles		8.00 Street Cops: Catching the Yobs		9.00 My Wife, My Killer and the Secret Footage			
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 Whale with Steve Backshall		9.00 Game of Thrones			
ENTERTAINMENT	115 BBC3	7.00 Horrible Histories		8.00 Top Gear		9.00 Billion Dollar Playground			10.35 Pretty...
	116 BBC4	7.00 Planet Earth		8.00 The Lost Neanderthals		9.00 Tribe		10.00 The Trial – Screen Two	
	118 ITV2	7.00 Deal or No Deal		8.00 The 1% Club		9.00 Family Guy	9.30 Universal Basic...	10.00 Family Guy	
	136 MORE4	‹ 6.55 Location, Location, Location		7.55 Grand Designs		9.00 The Orient Express: A Golden Era of...		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 First Dates		9.00 Celebs Go Dating		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Equalizer		9.00 Fire Country		10.00 Matlock	
	108 SKY ATLANTIC	‹ 6.50 Homicide: Life on the Street		7.55 Game of Thrones		9.00 The White Lotus			10.15 Atomic
	110 U&GOLD	7.00 Dad's Army	7.40 Porridge		8.20 Blackadder II		9.40 Not Going Out		10.20 The Office
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.50 Heartbeat		8.00 Vera				10.00 Law & Order: UK	
	120 ITV4	7.00 The Motorbike Show		8.00 Cycling: Tour of Britain Highlights		9.00 Film: Lethal Weapon 3			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Lee Evans – Monsters		10.00 8 Out of 10 Cats	
	139 SKY SCI-FI	7.00 Primeval		8.00 Stargate Atlantis		9.00 The Ark		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 There's Something About Movies		9.00 Film: David Brent: Life on the Road			
	109 U&ALIBI	7.00 Body of Proof		8.00 Death in Paradise		9.00 Mudtown		10.00 Father Brown	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Science Fiction in the Atomic Age		9.00 Wonderland: Gothic		10.00 Elizabeth Taylor: The Lost Tapes	
	132 U&W	7.00 MasterChef Australia		8.10 Inside the Ambulance		9.10 One Born Every Minute			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers: Dream Car		8.00 Roadworthy Rescues		9.00 Street Outlaws: Locals Only		10.00 Roadworthy Rescues	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Dog Detectives		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Car S.O.S.				10.00 Construction Fails	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Deep Water Salvage		9.00 Death Coast		10.00 Deadman's Curse	
	155 U&YESTERDAY	7.00 Australia with Simon Reeve				9.00 Train Rescue Down Under		10.00 Bangers & Cash: Restoring Classics	
	121 SKY DOCS	7.00 Spector		8.00 The Mortician		9.00 Tell Them You Love Me			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.15 The Surfer		8.00 Saturday Night				10.00 Heart Eyes	
	302 90s	‹ 5.35 Robin Hood: Prince of Thieves		8.00 Godzilla					10.25 The Mummy
	303 HITS	‹ 6.10 Charlie's Angels		8.00 Charlie's Angels: Full Throttle				10.00 The Royal Hotel	
	304 GREATS	‹ 6.00 Patriot Games		8.00 Dirty Harry			9.45 Sleepers		
	305 ANIMATION	‹ 5.40 Smallfoot	7.25 The Wild Robot			9.15 The Nut Job			
	306 BACK TO SCHOOL	‹ 5.45 Spy Kids 2: Island of...	7.40 Spy Kids 3: Game Over			9.20 The NeverEnding Story			
	307 ACTION	‹ 6.05 Venom: The Last Dance		8.00 300				10.00 The Beekeeper	
	308 COMEDY	‹ 6.20 The Nutty Professor		8.00 Nutty Professor II: The Klumps			9.50 A Nice Indian Boy		
	309 THRILLER	‹ 6.20 Retribution		8.00 Inferno				10.10 Detroit	
	310 DRAMA	‹ 5.35 It Ends with Us		8.00 One Life				10.00 The Great Escaper	
	311 MONSTERS	‹ 6.15 I Am Legend		8.00 Jaws				10.05 The Meg	
	313 FILM4	‹ 6.20 The Remains of the Day				9.00 Beast			
SPORT	401 MAIN EVENT	‹ 4.00 US Open Tennis – Live: Coverage of day 11 of the Grand Slam							
	402 PREMIER LEAGUE	7.00 PL Stories	7.30 Match Officials...	8.00 PL Review		9.00 PL Stories	9.30 Match Officials...	10.00 Transfer 360	10.30 Word...
	403 FOOTBALL	7.00 EFL Highlights	7.45 EFL Goals	8.15 EFL Goals		9.00 SPFL Highlights	9.30 EFL Highlights		
	405 CRICKET	‹ 6.15 Vitality T20 Blast Cricket – Live: Surrey v Northamptonshire Steelbacks					9.30 One-Day International Cricket		10.30 Best of...
	410 TNT SPORTS 1	‹ 6.00 MLB – Live: Detroit Tigers v New York Mets (Start-time 6.10)				9.15 MLB – Live: San Diego Padres v Baltimore Orioles (Start-time 9.10)			
	411 TNT SPORTS 2	7.00 PL Netbusters	7.30 PL Stories	8.00 FIM Speedway Grand Prix Highlights		9.00 MLB – Live: San Diego Padres v Baltimore Orioles (Start-time 9.10)			

‹ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **The Moment of Proof** (S)(R)(AD)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Clean It, Fix It** New edition The team help a man sort out his chaotic one-bedroom flat. (S)
2.30 **Robson Green's Weekend Escapes** With Rupert Penry-Jones. (S)(R)
3.00 **Escape to the Country** (S)(R)
3.45 **The Travelling Auctioneers** New edition A Colchester sci-fi collector sells some items. (S)
4.30 **The Answer Run** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 MasterChef

7 PM

7.00 **The One Show** Alex Jones and Vernon Kay present the topical show. (S)
7.30 **EastEnders** The locals are left stunned by a gunshot, and a life hangs in the balance. (S)(AD)

8 PM

8.00 **MasterChef** New edition 13/24. The home cooks make what they can with vanilla, cherries and almonds, before the successful ones cook for the three 2010 *MasterChef* finalists. (S)(AD)
■ Continues tomorrow

9 PM

9.00 NEW SERIES **Stranded on Honeymoon Island** 1/12. Davina McCall hosts as 12 singles are paired up, married and sent to spend their honeymoons on tropical beaches to see if love can thrive. (S)(AD)
■ Continues tomorrow

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 FILM **Bridge of Spies** Steven Spielberg's fact-based Cold War drama starring Tom Hanks and Mark Rylance. A lawyer in 1950s New York is hired to represent a Soviet spy in a showcase trial designed to demonstrate the fairness of the US justice system. In the face of public condemnation, he argues against the death penalty, a stance that years later leads to his involvement in a prisoner exchange. (S)(AD) (2015, 12, 130min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.50 AM **Weather for the Week Ahead**
12.55 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **Bargain Hunt** (S)(R)(AD)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: Celebrity Antiques Road Trip** Devon. (S)(R)
9.00 **BBC News** (S)
11.15 **Politics Live** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **Bridge of Lies** Game show. (S)(R)
2.30 **The Tournament** Quiz. (S)(R)
3.15 **Great British Menu** (S)(R)
4.15 **New Zealand: Earth's Mythical Islands** 3/3. (S)(R)(AD)
5.15 **Flog It!** Essex. (S)(R)
6.00 **Richard Osman's House of Games** With guests Radzi Chinyanganya, Janet Ellis, Darren Harriott and Suzi Ruffell. (S)(R)
6.30 **Great Coastal Railway Journeys** Traveller Michael Portillo explores the south-west shores of Britain, starting at Tintagel Castle. (S)(R)

9.00 Nazis, U-Boats and the...

7 PM

7.00 **SOS: Extreme Rescues** New edition A couple looking for a hidden hotspot are stranded in the dark. (S)
7.30 **Grand Tours of Scotland's Rivers** Paul Murton explores the upper reaches of the River Tay. (S)(R)

8 PM

8.00 **The Secret Genius of Modern Life** 1/6. Hannah Fry delves into the hidden technology behind everyday objects, starting with the passport – visiting the top-secret site where technology and staff make it secure. (S)(R)(AD)

9 PM

9.00 NEW SERIES **Nazis, U-Boats and the Battle for the Atlantic** 1/2. Deep-sea divers search for the wrecks of German U-boats that stalked Ireland's north coast during World War Two. (S)(AD)
■ Concludes tomorrow

10 PM

10.00 **Limbs in the Loch: Catching a Killer** New edition 3/6. Detectives discover that William Beggs had killed before. (S)(AD)
■ Continues tomorrow
10.30 **Newsnight** (S)
11.00 **Saving Lives at Sea** A 999 call comes in from the young son of a windsurfer in trouble. (S)(R)(AD)
12.00 M'T **Miriam Margolyes Discovers New Zealand** 2/2. Miriam attends a unique community gym in Auckland. (S)(R)(AD)
1.00 AM **Sign Zone: The Great British Sewing Bee** (S)(R)(AD)
2.00 **Sign Zone: King & Conqueror** (R)
2.50 **Sign Zone: Disaster at Sea: The Piper Alpha Story** (S)(R)(AD)
3.50 **to 6.15** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women and Men** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** The team are in Fleetwood, Lancashire, where something catches Alison Chapman's eye, and Karen Dalmeny turns a collection of gold into thousands of pounds. (S)(R)(AD)
3.00 **Tenable** Warwick Davis hosts the quiz show as four brothers and their father take part. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 Coronation Street

7 PM

7.30 **Emmerdale** Chas has upsetting news, Aaron struggles with his feelings, and Charity is devastated. (S)(AD)

8 PM

8.00 **Coronation Street** Lisa shares information with Kit, Glenda encourages Debbie to join a choir, Dee-Dee's date interferes with James' plans, and Billy gets an insight into Theo's thoughts. (S)(AD)

9 PM

9.00 NEW SERIES **Long Lost Family: The Mother and Baby Home Scandal** 1/2. Davina McCall and Nicky Campbell examine the scandal of mother-and-baby homes. *See feature, page 20.* (S)(AD)
■ Concludes tomorrow

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Unbelievable Moments Caught on Camera** A Miami real-estate agent rescues a woman from alligators, and a group of British tourists almost drown in Egypt when their luxury yacht capsizes. (S)(R)(AD)
11.40 **The Jonathan Ross Show: Special Guests** Featuring Lee Evans, Cristiano Ronaldo, the Spice Girls and Ed Sheeran. (S)(R)
12.05 AM **Teleshopping**
3.00 **Martin Clunes' Islands of the Atlantic** 2/3. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **James Martin's Midweek Menu** (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.30 AM **The King of Queens** (S)(R)(AD)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 14-17/24. (S1) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New Orleans. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** From Lot-et-Garonne, south-west France. (S)(R)
4.00 **Help! We Bought a Village** New edition Martine's builders dig up the cobbled street to connect her cellar to the mains. (S)
5.00 **Chateau DIY** Edward builds a hi-tech chicken coop. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** A catch-up with clients who bought their home in the Spanish sun back in 2019. (S)(R)

10.00 The Jury Australia

7 PM

7.00 **News** (S)

8 PM

8.00 **George Clarke's Remarkable Renovations** George is in West Yorkshire to check out a building with a criminal past – a former police station – which comes complete with original holding cells and a 1980s reception area. (S)(R)(AD)

9 PM

9.00 **Grand Designs** Kevin McCloud follows a couple as they embark on their most ambitious building project yet – a sleek, angled, metallic floating home on a tidal estuary near Worthing. (S)(R)(AD)

10 PM

10.00 **The Jury Australia: Death on the Staircase** Series finale 5/5. Having heard the evidence, the jury decide the fate of Shaun Yang – and, in the end, their verdict hinges on the interpretation of a single word. (S)(AD)
11.20 **The Great British Bake Off** 1/10. A new batch of bakers enter the tent for Cake Week. (S)(SL)(R)(AD)
12.45 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
1.35 **Crime Scene Cleaners** (S)(SL)(R)
2.30 **The Jury: Murder Trial** (S)(SL)(R)
4.20 **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(R)(AD)
4.45 **Find It, Fix It, Flog It** (S)(R)
4.55 **George Clarke's Amazing Spaces**
5.50 **to 6.30** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** Discussion. (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)
2.20 FILM PREMIERE **Tipline Mysteries: Dial 1 for Murder** Drama starring Holland Roden. (S) (2024, PG, 100min) ★★
4.00 **All Creatures Great and Small** *Surviving Siegfried:* 3/7. Siegfried receives some difficult news. (S3) (S)(R)(AD)
5.00 **News** (S)
6.00 **Bargain-Loving Brits in the Sun** Shane and Chrissy are running low on beer at their new poolside bar. (S)(R)
6.55 **News** (S)

8.00 Street Cops: Catching...

7.00 **Shetland: Scotland's Wondrous Isles** 1/5. A look at life on the archipelago, beginning on the tiny island of Noss with wardens Jen and Sally. (S)(R)
7.55 **News** (S)

8.00 NEW SERIES **Street Cops: Catching the Yobs** Documentary following Britain's police as they head out to clean up the streets. A stabbing leaves a teenager in critical condition. (S)

9.00 NEW **My Wife, My Killer and the Secret Footage** The murder of Jamie Faith, who was gunned down in front of his home in Dallas, and the investigation which revealed his wife, Jennifer, as the orchestrator of his death. Initially doorbell cam footage pointed towards Jennifer as a distraught victim who had been restrained and beaten by the killer. However, evidence found on her phone later revealed her affair with ex-military man Darrin Lopez, allowing police to point the finger of suspicion closer to home. (S)
11.00 **The Crossbow Murders** The crimes of Kyle Clifford. (S)(R)
12.15 AM **Cause of Death** (S)(R)
1.10 **PlayOJO Live Casino Show** (S)
3.10 **Inside the World's Most Expensive Hotels** (S)(R)
3.55 **Friends** (S1) (S)(R)(AD)
4.40 **Me & My 10 Kids** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)(AD)
9.00 **Stargate Atlantis** (S5) (S)(R)
11.00 **Big Cat Country** (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S2) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** *Lion's Share:* 13/22. A violent rampage has ties to Hicks's past. (S6) (S)(R)(AD)
5.00 **The Simpsons** *Lost Our Lisa:* Lisa gets lost in an unfamiliar part of Springfield. (S)(R) **5.30** *The Joy of Sect:* The family are brainwashed. (S)(R) **6.00** *Natural Born Kissers:* Homer and Marge work to reignite their love life. (S)(R) **6.30** *The Star of the Backstage:* Marge stages a revival of a musical from high school. (S)(R)

9.00 Game of Thrones

7.00 **The Office (US)** *Booze Cruise:* 11/22. Michael takes the staff members on a motivational cruise. (S)(R) **7.30** *The Injury:* 12/22. After Michael burns his foot, he expects the staff to work around him. (S2) (S)(R)

8.00 **Whale with Steve Backshall** 1/4. Steve dives with whales and dolphins, getting closer than ever before to record rarely seen behaviours from these extraordinary mammals. (S)(R)(AD)

9.00 **Game of Thrones** *You Win or You Die:* 7/10. House Lannister prepares for conflict, Ned confronts Cersei about Jon Arryn's death, and Khal Drogo vows revenge on the Seven Kingdoms. (S)(R)(AD)

10.05 **Game of Thrones** *The Pointy End:* 8/10. Battle commences as the Lannisters launch their bid for the throne. Robb rounds up his allies, Tyrion forms an unlikely alliance, and a sinister new enemy emerges at Castle Black. (S1) (S)(R)(AD)
11.15 **An Idiot Abroad 2** (S)(R)(AD)
12.10 AM **The Force: North East** (R)
1.05 **Road Wars** A naked man refuses to leave his car bonnet. (S)(R)
2.00 **Atomic** New episode 3/5. Max and JJ are forced to try to secure a safe passage to Marrakech through Syria. (S1) (S)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** As 4.00pm. (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
2.30pm Politics Scotland (S) **3.15-3.45** Robson Green's Weekend Escapes (S)(R)(AD) **12.50am** Scotcast (S)(R) **1.20** Weather for the Week Ahead (S) **1.25-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm Have I Got News for You (S)(R) **11.10** Would I Lie to You? (S)(R) **11.40** Destination X (S)(R) (AD) **12.40-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
7.00-7.30pm SOS: Extreme Rescues New edition (S) **10.40** Feast of Football (S) **11.10** FILM Bridge of Spies (S) (AD) (2015, 12, 130min) ★★★★ **1.20-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
7.00-7.30pm The One Show (S)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **11.00** Dysgu Gyda Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Y Ci Perffaith **12.30** Heno **1.00** Darn Bach o Hanes (AD) **1.30** Garddio a Mwy **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Hen Dy Newydd (AD) **4.00** Awr Fawr **5.00** Stwnsh **6.00** Ffasiwn Drefn (AD) **6.30** Gwladfa: Gwilym Bowen Rhys **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Sgwrs Dan y Lloer **8.55** Newyddion a'r Tywydd **9.00** Prosiect Pum Mil **10.00** Efaciwîs (AD) **11.00-11.35pm** Bwyd Bach Shumana a Catrin

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BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Horrible Histories** HHTV reporter Mike Peabody gets caught up in the French Revolution. **7.25** Aztec priests sing a gruesome disco song.
7.55 **The Catch Up**
8.00 **Top Gear** Actor Sienna Miller is the Star in a Reasonably Priced Car.
9.00 **Billion Dollar Playground** The team welcome guests for a big birthday party. **9.50** Grace impresses the guests with wine and caviar.
10.35 **Pretty Little Liars: Summer School** *Friday the 13th:* 5/8. The girls question Dr Sullivan's intentions after a disturbing discovery. **11.25** *Hell House:* 6/8. Imogen springs into action, while Mouse and Ash plan a Pride pool party. (S1)
12.15 AM **Top Gear** As 8.00pm.
1.10 **Tommy: The Good. The Bad. The Fury**
2.10 **Angels of the North**
2.40 **The Big Proud Party Agency** Double bill.
3.40 **to 4.00** AM **This Is Gay**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Planet Earth** The wildlife of the great plains.
8.00 NEW **The Lost Neanderthals** Scientists uncover the secrets of the Mandrin Cave in southern France, where the remains of a Neanderthal were discovered in 2015.
8.55 **Natural World: Jungle Animal Hospital** The work of staff at a jungle animal hospital in Guatemala.
9.00 **Tribe** Bruce Parry travels to Mongolia, where he meets the Darhad herders and helps a migrating family to move their livestock across a high mountain pass.
10.00 **The Trial: Screen Two** Harold Pinter's adaptation of Franz Kafka's novel, with Kyle MacLachlan, Jason Robards and Juliet Stevenson.
12.00 M'T **Kafka Uncovered** James Hawes discredits theories about Franz Kafka.
12.30 AM **Planet Earth**
1.30 **The Great British Seaside Holiday: Timeshift**
2.15 **to 3.15** AM **Tribe**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
10.30 **A Place in the Sun: Home or Away**
11.35 **A Place in the Sun**
12.35 PM **Come Dine with Me**
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.55 **Location, Location, Location** Kirstie Allsopp and Phil Spencer visit Essex and Hertfordshire. **6.55** Phil catches up with house-hunters in East Lothian and Wolverhampton.
7.55 **Grand Designs** Kevin McCloud follows Simon and Jasmine as they build their unique take on a 21st-century low-impact family house, high up in the hills of rural Pembrokeshire.
9.00 NEW SERIES **The Orient Express: A Golden Era of Travel** 1/4. Documentary following the train on its route from London to Istanbul, exploring the history of the *Orient Express* and how Europe has changed over the past 150 years.
10.00 **24 Hours in A&E** The team treat a 48-year-old man who has been suffering seizures at home.
11.05 **999: On the Front Line**
12.10 AM **Emergency Helicopter Medics**
1.15 **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **Brooklyn Nine-Nine**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** 15-18/24. (S4)
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons**
7.00 **Hollyoaks** Darren demands answers from Clare.
7.30 **The Simpsons** *Brother's Little Helper:* Bart is placed on experimental medication.
8.00 **First Dates** An aspiring Paralympian goes on a date with a former footballer.
9.00 **Celebs Go Dating** New edition Late arrival Sam Prince finally joins to face the music after leaving his double date early.
10.00 **Gogglebox** Opinions on *The Haunting of Bly Manor, Autumn at Jimmy's Farm* and *Britain's Got Talent*.
11.05 **First Dates**
12.05 AM **The Big Bang Theory**
1.00 **The Simpsons**
1.35 **Brooklyn Nine-Nine**
2.30 **Celebs Go Dating**
3.30 **Gogglebox**
4.25 **Young Sheldon**
5.10 **to 6.00** AM **Modern Family**

+1 hr 235/236 306 30 123 256

WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 110 341 356

6.00 AM **Motorway Patrol**
7.00 **Border Security: America's Front Line** Double bill.
8.00 **Border Patrol** Double bill.
9.00 **UK Border Force**
10.00 **Brit Cops: Law & Disorder**
11.00 **Bondi Rescue** Double bill.
12.00 NOON **FBI** 10/22. A JOC analyst is taken hostage. (S5)
1.00 PM **FBI: International** (S2)
2.00 **FBI: Most Wanted** 8/22. Three prosecutors are assassinated outside a bar. (S4)
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**

9.00 Fire Country

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **The Equalizer** *Exposed:* 18/18. McCall's efforts to take down Mason Quinn venture into dangerous territory. (S2)

9 PM
9.00 **Fire Country** New episode 6/20. A fire breaks out in a park containing an eagle's nest. (S3)
■ Entire series on Box Sets

10 PM
10.00 **Matlock** *Belly of the Beast:* 7/19. A woman experiences severe symptoms following a clinical trial. (S1)
11.00 **Bull** 13/22. (S6)
12.00 M'T **New Amsterdam** (S5)
1.00 AM **The Equalizer** 17/18. (S2)
2.00 **FBI** New episode 5/22. (S7)
3.00 **FBI: International** New episode 5/22. (S4)
4.00 **Send in the Dogs**
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
7.00 **Fish Town**
8.00 **True Blood** 11&12/12. (S5)
10.10 **Westworld** 5&6/10. (S1)
12.20 PM **Game of Thrones** (S2)
1.25 **Das Boot** 1&2/8. (S1)
3.35 **True Blood** 1/10. Truman Burrell declares war. **4.40** 2/10. Bill contemplates the scope of his powers. (S6)
5.45 **Homicide: Life on the Street** 5/9. The cops race against the clock to get a confession. **6.50** 6/9. Howard tracks down a drug dealer. (S1)

5.45 Homicide: Life on the...

7.55 **Game of Thrones** *What Is Dead May Never Die:* 3/10. Tyrion plots to identify Cersei's spy on the small council, and Maester Luwin helps Bran make sense of his dreams. (S2)

9.00 **The White Lotus** *Same Spirits, New Forms:* 1/8. Chelsea deals with Rick, and the Ratliffs go their separate ways. (S3)

10.15 **Atomic** *Al Britani:* 1/5. Two men become caught up in a cartel's plot to transport uranium across north Africa.
11.15 **Atomic** 2/5. (S1)
12.10 AM **The Sopranos** 8/13. (S2)
1.00 **Succession** 3/9. (S3)
2.05 **Atomic** New episode 3/5. Action adventure. (S1)
3.05 **Game of Thrones** As 7.55pm.
4.10 **Dexter: New Blood** (S1)
5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S1)
8.00 **The Blacklist** 10/22. (S9)
9.00 **Stargate Atlantis** (S5)
11.00 **SEAL Team** 5/20. (S3)
12.00 NOON **The Blacklist** (S9)
1.00 PM **Hawaii Five-0** (S2)
3.00 **NCIS: Los Angeles** (S14)
4.00 **S.W.A.T.** 12/22. (S6)
5.00 **SEAL Team** 4/20. Bravo Team help the secret service prevent a sniper attack. (S3)
6.00 **Stargate Atlantis** 1/20. Carter races to save the trapped crew members from the rubble of the facility. (S5)

9.00 David Brent: Life on the...

7.00 **Stargate Atlantis** *The Seed:* 2/20. The team look for an antidote when Jennifer Keller develops a mystery alien virus. (S5)

8.00 **There's Something About Movies** With guests Nick Frost, Phil Wang and Roisin Conaty.

9.00 **FILM David Brent: Life on the Road** Mockumentary comedy starring Ricky Gervais. More than a decade on from his appearance in *The Office*, David Brent dreams of a music career. (2016, 15, 96min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **An Idiot Abroad 2** Karl boards the Trans-Siberian Express to China. During the journey, he is forced to fight Mongolian wrestlers.
12.00 M'T **The Force: North East**
2.00 AM **Road Wars**
3.00 **NCIS: Los Angeles** (S14)
4.00 **S.W.A.T.** 12/22. (S6)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Dinner Date**
8.40 **Billie and Greg:**
9.40 **The Only Way Is Essex**
10.25 **Real Housewives of Potomac**
11.20 **Real Housewives of New...**
12.10 PM **Billie and Greg**
1.10 **The Only Way Is Essex**
2.10 NEW SERIES **The Bachelor Australia** Reality series.
4.05 **Real Housewives of Potomac**
5.00 **Real Housewives of New Jersey** Reality series.
6.00 **Celebrity Catchphrase**

9.30 Universal Basic Guys

7.00 **Deal or No Deal** Stephen Mulhern hosts as a contestant takes on the Banker for the chance to win life-changing money.

8.00 **The 1% Club** Quiz show hosted by comedian Lee Mack in which the questions are all about logic and common sense.

9.00 **Family Guy** 5/20. (S18)
9.30 NEW SERIES **Universal Basic Guys** *Pet Projects:* 1/13. US animated sitcom. (S1)

10.00 **Family Guy** 6/20. Peter and Lois tell the kids how they fell in love. (S18) **10.30** 18/20. Lois reads a new book. (S17)
11.00 **Family Guy** 19/20. (S17)
11.30 **American Dad!** (S13)
12.35 AM **Bob's Burgers** 8/22. (S9)
1.05 **Olivia Attwood's Bad Boyfriends** Reality series.
2.05 **Karaoke Club: Drag Edition**
3.00 **Teleshopping**
4.00 **to 4.30** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.05 **Doc Martin** 3&4/6. (S1)
10.15 **The Royal** *Cliffhanger.*
11.20 **Heartbeat** Double bill.
1.30 PM **Classic Emmerdale**
2.30 **Classic Coronation Street**
3.35 **Doc Martin** 5/6. A schoolgirl develops a crush on the doctor. **4.40** 6/6. One of Louisa's pupils has an accident. (S1)
5.45 **Heartbeat** *Give a Dog a Bad Name:* Blaketon investigates an outbreak of fleas in the village.

10.00 Law & Order: UK

6.50 **Heartbeat** *Hello, Goodbye:* Mike uncovers a case of blackmail, and Greengrass makes a tidy profit selling tinned meat.

8.00 **Vera** *Dark Road:* The detective investigates when a body is found on the moors, and discovers the victim was a controversial figure with a complicated relationship with her family.

10.00 **Law & Order: UK** *Shaken:* 5/6. A six-month-old boy dies in what appears to be a case of cot death. (S4)
11.00 **Law & Order: UK** 6/6. A body is found with a note reading 'They Must Be Destroyed'. (S4)
12.00 M'T **Professor T** 2/6. The professor investigates the murder of a bride. (S3)
1.00 AM **The Tower** 3/4. (S2)
2.00 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Scotland's Home of the Year** The judges visit properties in Dumfries & Galloway and Peebles.
8.00 **This Farming Life** The Barclay boys, and Rachel and Camy enter the Royal Highland Show.
9.00 **Highland Cops** A missing hiker triggers a dramatic search and rescue on Skye.
10.00 **Designing the Hebrides** Banjo Beale and the team transform a fish shop in Tobermory.
10.30 **Gary: Tank Commander** 5/6. Gary rounds up a family of protesters dressed as rabbits. (S2)
11.00 **Scotcast** New edition Discussion on Scotland's biggest news stories.
11.30 PM **to 12.00** M'T **The Scandals That Shocked Scotland**

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **The Conners** (S3)
10.00 **Sex and the City** (S3)
11.20 **Girls** 1&2/10. (S1)
12.30 PM **The Office (US)**
1.30 **The Conners** (S3)
2.30 **The Office (US)** (S2)
3.30 **Will & Grace** (S1)
4.30 **Sex and the City** (S3)
5.45 **The Office (US)** (S2)
6.45 **Will & Grace** (S2)
7.45 **Sex and the City** 18/18. Samantha goes to war with the transsexuals on her block. (S3) **8.25** 1/18. Carrie feels depressed on her 35th birthday. (S4)
9.00 **Seth Meyers: Dad Man Walking** A stand-up special.
10.15 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
11.15 **And Just Like That...**
12.00 M'T **Entourage** (S3)
1.10 AM **Veep** 5&6/10. (S5)
2.20 **Curb Your Enthusiasm**
3.40 **to 5.00** AM **Barry**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Cirque du Soleil**
7.45 **The Joy of Painting**
8.55 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Bagpipes: A Celebration**
3.00 **Cold War & Cinema**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Science Fiction in the Atomic Age**
9.00 **Wonderland: Gothic**
10.00 **Elizabeth Taylor: The Lost Tapes**
12.00 M'T **Art's Wildest Movement: Mannerism**
1.00 AM **Comedy Legends**
1.55 **Katharine Hepburn: Call Me Kate**
3.50 **National Treasures: The Art of Collecting**
4.45 **to 6.00** AM **National Trust: National Treasures**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S7)
6.00 **Star Trek: Voyager**
7.00 **Star Trek: The Next Generation** *Peak Performance:* 21/22. (S2)
8.00 **Star Trek: Deep Space Nine** *Indiscretion:* 5/26. Kira and Dukat embark on a mission. (S4)
9.00 **The Rookie** (S5)
11.00 **Grimm** 7/13. (S6)
12.00 M'T **Killer in My Village**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Wheel of Fortune**
3.00 **Tenable** Double bill.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts as Chisara tries to open the 22 red boxes in the right order, taking on the infamous Banker for the chance to win a life-changing cash prize.
9.00 **Beat the Chasers** Bradley Walsh hosts as more hopefuls take on all of the Chasers.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.50 AM **Beat the Chasers** More hopefuls take on all of the Chasers.
1.45 **to 2.00** AM **Unwind**

GREAT! tv

157 167 170 34 32

8.00 AM **Father Dowling Mysteries** 18&19/22. (S3)
10.00 **Little House on the Prairie** 5&6/24. (S4)
12.00 NOON **Highway to Heaven** 13/24. (S2)
1.00 PM **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** 11/22. Klinger communicates with the spirit world. **8.30** 12/22. Charles gives a lecture. (S10)
9.00 **Randall and Hopkirk (Deceased)** *Whoever Heard of a Ghost Dying?* 8/26. A clairvoyant tries to exorcise Marty. (S1)
10.00 **The New Avengers** (S2)
11.00 **The Avengers** (S5)
12.00 M'T **M*A*S*H** (S10)
1.00 AM **Randall and Hopkirk (Deceased)**
2.00 **Hart to Hart** 9/22. (S5)
3.00 **Crazy Like a Fox** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Saint**
7.00 **Kojak**
9.05 **Magnum, PI**
10.05 **The Protectors**
10.40 LIVE **Cycling: Tour of Britain** Coverage of stage two, a route through Stowmarket. Having previously hosted a stage finish of the women's race in 2019, this will be the first time that a leg of the men's Tour of Britain has been held here.
3.40 PM **Hot Shots**
3.50 **Magnum, PI** Double bill.
5.55 **The Saint**

11.25 Pale Rider

7.00 **The Motorbike Show** Henry Cole and Sam Lovegrove continue their rebuild of a Harley-Davidson WLC.
8.00 **Cycling: Tour of Britain Highlights** Ned Boulting presents action from stage two, a 173.7km route around Stowmarket.
9.00 FILM **Lethal Weapon 3** Action comedy thriller sequel starring Mel Gibson and Danny Glover. The mismatched LA cop partners pursue a violent gunrunner. With Rene Russo and Joe Pesci. (1992, 15, 118min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.25 FILM **Pale Rider** Western with Clint Eastwood, Richard Kiel and Michael Moriarty. (1985, 15, 115min) ★★★
1.30 AM **T100 Highlights**
2.25 **Ligue 1 Highlights**
3.00 **Teleshopping**
5.00 **to 5.30** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted US**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 9/26. (S1)
12.00 NOON **Star Trek: Enterprise**
1.00 PM **Star Trek: Deep Space Nine** 17/20. (S1)
2.00 **Primeval** 1/7. (S4)
3.00 **Star Trek: Enterprise** (S1)
4.00 **Stargate Atlantis** 1/20. (S4)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 9/26. A Ferengi captain plots revenge on Picard for the death of his son. (S1)

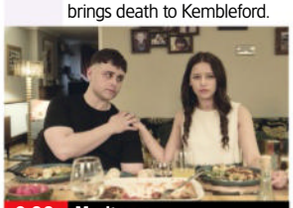
7.00 Primeval

7.00 **Primeval** 1/7. Connor and Abby return from the Cretaceous period to find ARC has been taken over by a new regime. (S4)
8.00 **Stargate Atlantis** *Adrift:* 1/20. The expedition becomes stranded in space with only 24 hours of power. (S4)
9.00 **The Ark** *Get Out and Push:* 3/12. The crew learn that an asteroid is just hours away from impact with the vessel. (S1)
10.00 **The Walking Dead** *Acts of God:* 16/24. Maggie prepares to defend Hilltop and the Riverbend people against Hornsby. (S11)
11.00 FILM **Attack on Titan** Sci-fi adventure starring Michael Paré, Erin Coker and Neli Sabour. (2022, PG, 91min) ★★
1.00 AM FILM **Ba'al: The Storm God** Sci-fi action drama with Lexa Doig and Michael Kopsa. (2008, 15, 97min) ★★
3.00 **Primeval** As 7.00pm.
4.00 **to 6.00** AM **Most Haunted US**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S12)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 8/23. (S2)
11.00 **Hudson & Rex** 1/16. (S6)
12.00 NOON **Body of Proof** (S1)
1.00 PM **Death in Paradise** (S7)
2.00 **Murdoch Mysteries** (S12)
4.00 **The Mentalist** 8/23. (S2)
5.00 **Hudson & Rex** 1/16. A local whale-watching boat mysteriously returns to harbour without its passengers. (S6)
6.00 **Father Brown** *The Invisible Man:* The arrival of the circus brings death to Kembleford.


9.00 Mudtown

7.00 **Body of Proof** *Helping Hand:* 3/9. Megan conducts an autopsy on a woman found murdered in a motel room. (S1)
8.00 **Death in Paradise** *The Stakes Are High:* 2/8. The team enter the high-stakes world of poker when a player is poisoned. (S7)
9.00 **Mudtown** New episode *Cuckoo in the Skull:* 3/6. Beca brings Sonny over for dinner. (S1)
■ Entire series on Box Sets
10.00 **Father Brown** *The Red Death:* Lady Felicia's lavish New Year ball is ruined when a VIP guest is found murdered.
11.00 **Father Brown** As 6.00pm.
12.00 M'T **White Collar** 9/16. Neal orchestrates an elaborate scam to bring himself face to face with Kate's murderer. (S2)
1.00 AM **Death in Paradise**
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.05 AM **Don't Wait Up**
7.50 **Keeping Up Appearances**
8.30 **Last of the Summer Wine**
9.50 **Are You Being Served?**
10.30 **Porridge**
11.10 **Last of the Summer Wine**
12.25 PM **Don't Wait Up**
1.05 **Keeping Up Appearances**
1.45 **Dad's Army**
2.25 **Porridge**
3.00 **Last of the Summer Wine**
4.20 **Don't Wait Up**
5.00 **Blackadder II**
6.20 **Are You Being Served?**

10.20 The Office

7.00 **Dad's Army** An invasion alert throws Mainwaring's platoon into a panic.
7.40 **Porridge** Fletcher objects to having a third cellmate foisted on him.
8.20 **Blackadder II** Edmund announces his intention to go on a voyage around the Cape of Good Hope.
9.00 **Blackadder II** Edmund receives a visit from the Bishop of Bath and Wells.
9.40 **Not Going Out** Lucy needs help writing an important speech for a recruitment conference.
10.20 **The Office** A staff training day at Wernham Hogg turns into a sing-song.
11.00 **Inside No 9** With Sheila Reid.
11.40 **Blackadder II** Double bill.
1.00 AM **The Thin Blue Line**
1.35 **Not Going Out** As 9.40pm.
2.25 **The Office** As 10.20pm.
2.55 **Inside No 9**
3.25 **to 4.00** AM **The Thin Blue Line**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Pointless** Quiz show.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Railroad Australia**
12.00 NOON **Storage Hunters UK**
2.00 PM **Railroad Australia**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Long Weekends** The chef heads to Berlin, where history and the avant garde dwell side by side.
6.00 **Hairy Bikers' Best of British** The duo forage for food, exploring the undergrowth in search of free ingredients.

5.00 Rick Stein's Long Weekends

7.00 **Would I Lie to You?** Unseen material from the comedy panel show.
7.40 **Richard Osman's House of Games** With Gemma Cairney, Tim Key, Gabby Logan and Jeff Stelling. **8.20** With David Baddiel, Charlotte Hawkins, Sophie Duker and Alex Brooker.
9.00 **QI XL** Guests Ross Noble, Johnny Vegas and Shappi Khorsandi join regular panellist Alan Davies and host Stephen Fry.
10.00 **Have I Got a Bit More News for You** Victoria Coren Mitchell hosts, with guests Sophy Ridge and Chris McCausland.
11.00 **Taskmaster** The rivals are confronted with an intimidating man in gold chains.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **Hate Thy Neighbour**
2.45 **to 4.00** AM **Richard Osman's House of Games**

+1 hour 211/212 327 74 259

Wednesday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Kirstie and Phil's Love It or List It: Brilliant Builds** From West Yorkshire.
7.30 **The Great British Bake Off** A fresh batch of bakers make fondant fancies and Swiss rolls.
9.00 **Gogglebox** Opinions on shows including *Celebrity Bear Hunt* and *The Apprentice*.
10.00 **The Inheritance** Reality game show hosted by Robert Rinder. **11.05** The players round up animals on the Deceased's farm.
12.05 AM **The Inheritance**
1.10 **Gogglebox**
2.10 **First Dates**
3.10 **Love Cheats**
4.10 **to 4.40** AM **Four in a Bed**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** (S7&8)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *A Man Walks into a Bar:* 14/24. The agents undergo psychological evaluations. **7.00** *Defiance:* 15/24. The team protect the daughter of a foreign defence secretary. **8.00** *Kill Screen:* 16/24. A Marine's teeth and fingertips are found in a pickpocket's stolen purse. (S8)
9.00 **Criminal Minds** *Full-Tilt Boogie:* 11/22. The BAU team investigate the attempted homicide of a police chief's wife. **10.00** *Bad Moon on the Rise:* 12/22. Several bodies are found in New York's Central Park. (S13)
11.00 **Law & Order: Special Victims Unit** (S19&18)
2.45 AM **Criminal Minds**
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Call the Bailiffs: Time to Pay Up** Squatters are removed from a council-owned building.
10.00 **999: Critical Condition** A motorcyclist is rushed in after an accident.
11.00 **Broadmoor: For the Criminally Insane**
12.00 M'T **Banged Up Abroad**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **The Resident** New episodes (S6)
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Outback Truckers**
10.10 **Trucking Hell**
11.05 **Traffic Cops**
12.05 PM **Police Interceptors**
2.10 FILM **Dakota** Western adventure starring John Wayne. (1945, b/w, PG, 82min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Traffic Cops** Officers are on the lookout for cross-border gangs stealing high end cars.
10.00 **Police: Suspect No 1** Hull detectives investigate when people are subject to two attacks in their home.
11.00 **MacGyver** 2/23. (S2)
12.00 M'T **La Brea** New episode 3/14. (S2)
1.00 AM **Coastguard: Search & Rescue SOS**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **One Born Every Minute** Documentary.
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition It's Viral Week, and the contestants are vying for immunity once again.
8.10 **Inside the Ambulance** A young man has collapsed at work.
9.10 **One Born Every Minute** Double bill.
11.10 **Stacey Dooley Sleeps Over** 2/3. Stacey meets Barrie Drewitt-Barlow.
12.10 AM **Louis Theroux: Twilight of the Porn Stars** Documentary.
1.20 **Interior Design Masters with Alan Carr**
2.25 **to 3.00** AM **Amanda & Alan's Italian Job**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **Soldier, Soldier**
8.30 **Doctors**
9.50 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
1.00 PM **Classic EastEnders**
2.15 **Soldier, Soldier**
3.20 **The Doctor Blake Mysteries** 8/8. (S4)
4.20 **London's Burning**
5.20 **'Allo 'Allo!**
6.00 **Waiting for God**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Chelsea Detective**
9.00 NEW SERIES **A Remarkable Place to Die** *Over the Edge – Part One:* 1/8. Crime drama. *See feature, page 12.* (S1)
■ Entire series on U
10.00 **New Tricks**
11.20 **Spooks** 5/10. (S6)
12.40 AM **Lovejoy**
1.40 **'Allo 'Allo!**
2.25 **Waiting for God**
2.55 **to 4.00** AM **Sister Boniface Mysteries**

+1 hr 243 316 60 260

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

WEDNESDAY Entertainment

Really
142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Margate.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
9.00 **1000-lb Roomies** New edition Jaz prepares for surgery, and Nesha gets a health wake-up call.
10.00 **Britain's Fattest People: Shut-Ins** New edition Andrew's obesity seriously affects his mental health and relationships.
11.00 **Dr Pimple Popper** Dania's rhinophyma kept her from enjoying life.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **Tenable** Double bill.
11.00 **The Chase** Quiz show.
12.00 NOON **Celebrity Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill of the darts-based quiz.
4.00 **Who Wants to Be a Millionaire? Celebrity Special** Chris Tarrant hosts the big-prize quiz, with Joan Collins, Nigella Lawson and Stephen Fry.
5.00 **The Bidding Room**
7.00 **The Chase Celebrity Special** Quiz show hosted by Bradley Walsh.
8.00 **The Chase** Double bill.
10.00 **Who Wants to Be a Millionaire? Celebrity Special** Double bill.
12.00 M'T **Bullseye** Double bill of the darts-based quiz.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 319 426 42 33

8.10 AM **Tombstone Territory**
9.10 **Wanted: Dead or Alive**
9.40 **FILM Heaven Knows, Mr Allison** Drama. (1957, PG, 100min) ★★★★
12.00 NOON **Tombstone Territory** Double bill.
1.00 PM **FILM War of the Wildcats** Western. (1943, b/w, U, 102min) ★★
3.30 **Wanted: Dead or Alive**
4.00 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!** (S1)
7.00 **The Avengers** (S4)
8.00 **The New Avengers**
9.00 **FILM Assault on Station 33** Thriller. (2021, 15, 90min) ★★
11.00 **FILM Reprisal** Thriller. (2018, 15, 91min) ★★
1.00 AM **The Avengers**
3.00 **Cops Uncut** Double bill.
4.10 **to 6.00** AM **FILM NYC: Tornado Terror** Disaster movie. (2008, PG, 90min) ★★

+1hour 324

GREAT! movies
321 318 425 50 48

7.00 AM **Air Rescue**
8.00 **Saving Lives at Sea**
9.00 **Sue Thomas: F.B.Eye**
11.00 **FILM Lost Letter Mysteries: The Vows We've Made** Thriller. (2021, PG, 86min) ★★
1.00 PM **FILM Lies Gone Viral** Crime thriller. (2018, PG, 85min) ★★
2.55 **FILM A Wicked Vendetta** Thriller. (2018, 12, 90min) ★★
5.00 **FILM Pretty Cheaters, Deadly Lies** Thriller. (2020, PG, 88min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM Stratton** Thriller. (2017, 15, 94min) ★★
11.00 **FILM Black Widow** Crime thriller. (2007, PG, 85min) ★★
12.55 AM **FILM Watching Over You** (2018, PG) ★★
2.50 **Air Rescue** Double bill.
4.00 **to 6.00** AM **FILM A Murderer Upstairs** Thriller. (2017, PG) ★★

+1hour 322

GREAT! romance
319 317 424 52 47

8.00 AM **FILM A Wedding to Remember** Drama. (2020, PG, 85min) ★★
10.10 **FILM Wedding Wonderland** Drama. (2017, PG, 92min) ★★
12.05 PM **FILM Love on Iceland** (2020, U) ★★
2.00 **FILM 40 Below and Falling at Christmas** Comedy. (2015, PG) ★★
4.00 **FILM Lead with Your Heart** Romantic drama. (2015, PG, 83min) ★★
6.05 **FILM This Little Love of Mine** Romantic drama. (2021, U, 91min) ★★
8.00 **FILM PREMIERE Secrets of Bella Vista** Drama. (2022, U, 84min) ★★
9.55 **FILM 14 Love Letters** Drama. (2022, U) ★★
11.55 **FILM Love Hacks** Drama. (2022, PG, 90min) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM 40 Below and Falling at Christmas** (2015) ★★

+1hour 320

Rewind TV
182 81 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Bewitched** 29/36. (S1)
10.30 **You're Only Young Twice**
11.00 **I Dream of Jeannie**
11.30 **Jokers Wild**
12.00 NOON **Please Sir!** (S3)
12.30 PM **Don't Drink the...**
1.00 **From Here to Eternity**
3.00 **Mapp and Lucia** (S2)
4.00 **Born Free** 8/13. (S1)
5.00 **A Sharp Intake of Breath** 1/6. (S4)
5.30 **You're Only Young Twice**
6.00 **The Monkees** (S1)
6.30 **I Dream of Jeannie**
7.00 **Carry On Laughing** (S1)
7.30 **Don't Drink the Water**
8.00 **Jokers Wild**
8.30 **A Sharp Intake of...**
9.00 **Please Sir!** 6/14. (S3)
9.30 **Brass** 6/13. (S2)
10.00 **Game On** 5/6. (S3)
10.35 **Stereo Underground**
11.35 **The Monkees** (S1)
12.05 AM **From Here to...**
2.05 **Brass** 6/13. (S2)
2.35 **to 6.00** AM **Highlights**

DMAX
159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Maine Cabin Masters**
12.00 NOON **Alaskan Bush People** Documentary.
1.00 PM **Edge of Alaska**
3.00 **Alaska: Homestead Rescue** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Icy blasts threaten to capsize the *Wizard*. **8.00** Trapped in the northern grounds, one boat faces a huge wave.
9.00 **Tiny House, Big Living** New editions Couples learn what it means to downsize when they take the plunge into the tiny house real estate market.
11.00 **Mysteries of the Deep**
12.00 M'T **Naked and Afraid XL** Double bill.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1hour 259 369 153

Food Network
140/141 154 190 43 148 39

6.00 AM **Jamie's Easy Meals for Every Day**
7.00 **The Pioneer Woman**
9.00 **River Cottage Road Trip**
10.00 **Hairy Bikers Go North**
11.00 **Great British Bake Off**
12.30 PM **30 Minute Meals**
1.00 **James Martin's Great British Adventure**
2.00 **James Martin's French Adventure**
3.00 **The Pioneer Woman**
4.00 **The Pioneer Woman** New editions Double bill.
5.00 **River Cottage Road Trip**
6.00 **Hairy Bikers Go North**
7.00 **Great British Bake Off**
8.30 **30 Minute Meals**
9.00 **Hairy Bikers Go North**
10.00 **The Hairy Bikers' Comfort Food**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food with Casey Webb**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1hour 240/241 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 17/24. (S8)
9.00 **The Fall Guy** (S3)
10.00 **Charlie's Angels** (S1)
11.00 **FILM Earthstorm** Sci-fi action adventure. (2006, PG, 90min) ★★
1.00 PM **FILM Forbidden Cargo** Thriller. (1954, b/w, PG, 85min) ★★★
3.00 **FILM They Made Me a Fugitive** Thriller. (1947, b/w, PG, 104min) ★★
5.00 **Star Trek** 7/30. (S1)
6.00 **Charlie's Angels** (S1)
7.00 **The Fall Guy** 17/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM Age of Kill** Thriller starring Martin Kemp. (2015, 15, 82min) ★★
10.45 **FILM The Deer Hunter** Oscar-winning Vietnam War drama starring Robert De Niro. (1978, 18, 183min) ★★★★★
2.20 **to 4.50** AM **FILM Runaway Jury** Thriller with John Cusack. (2003, 12, 127min) ★★★★

Legend Xtra
317 316 171 69 138 51

6.00 AM **FILM Polar Storm** As shown at 5.00pm.
8.00 **FILM Mega Shark vs Kolossus** Fantasy thriller. (2015, 12, 90min) ★
10.00 **Andromeda** 14/22. (S1)
11.00 **FILM The Devil-Ship Pirates** Adventure. (1963, U, 96min) ★★
1.00 PM **FILM Independents' Day** Sci-fi adventure. (2016, 15, 91min) ★★
3.00 **Andromeda** 14/22. (S1)
4.00 **The A-Team** 9/13. (S5)
5.00 **FILM Polar Storm** Sci-fi action thriller. (2009, PG, 92min) ★★
7.00 **Andromeda** 15/22. (S1)
8.00 **The A-Team** 10/13. (S5)
9.00 **FILM Rogue** Action horror with Megan Fox. (2020, 15, 105min) ★★
11.05 **FILM Ambushed** Thriller starring Dolph Lundgren. (2013, 15, 92min) ★★
1.00 **to 3.00** AM **FILM Anti-Life** Sci-fi thriller. (2020, 15, 93min) ★★

+1hour 318 371 139

Blaze
164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Junk and Disorderly**
7.35 **Auction Hunters**
8.00 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFO Hunters**
11.10 **Weird or What?**
12.10 PM **Mysteries from Above** Documentary.
1.05 **Pawn Stars**
2.05 **Junk and Disorderly**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFO Hunters**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **MonsterQuest**
10.00 **World's Most Unexplained...**
11.00 **The Proof Is Out There: Military Mysteries**
12.00 M'T **Mission Unexplained**
1.00 AM **UFO Hunters**
2.00 **Ancient Aliens**
3.45 **Deep Water Salvage**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **Inside Windsor Castle: A Royal Residence** Double bill.
11.00 **Ben Fogle: New Lives in the Wild** Siberia.
12.00 NOON **Elephant Hospital** Documentary.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **Inside Windsor Castle: A Royal Residence**
8.00 **Ben Fogle: New Lives in the Wild** Ben meets a family living in a yurt in New Zealand.
9.00 **Volcano with Dara O Briain** 1/2. Exploring the power of Italy's most active volcanoes. **10.00** 2/2. Dara meets a volcanologist in Italy.
11.00 **Prisoner: Cell Block H**
1.00 AM **Dogs Behaving (Very) Badly**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home International**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **My Dream Derelict Home** From Hartlepool.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **My Dream Derelict Home** From Stilton.
9.00 **Chasing the West** New edition
10.00 **NEW SERIES Renovation Aloha** Kamohai and Tristyn tackle the renovation of a house in Kailua.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1hour 258/262 391

TLC
133/134 139 165

7.00 AM **Extreme Couponing** Double bill.
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **Little People, Big World** Documentary.
2.00 **Breaking Amish**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **My 600lb Life**
6.00 **Sister Wives**
8.00 **Dr Mercy**
9.00 **1000-lb Sisters**
10.00 **Dr Pimple Popper**
11.00 **Body Bizarre**
12.00 M'T **I Was Bitten**
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **Dr Pimple Popper**
3.00 **Body Bizarre**
4.00 **1000-lb Sisters**
5.00 **to 6.00** AM **Extreme Couponing**

+1hour 233/234 365

Comedy Central
112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Last Man Standing**
11.00 **Everybody Loves Raymond** (S7&8)
1.00 PM **Friends** (S2)
7.00 **Friends** 21/24. Guest stars Giovanni Ribisi. **7.30** 22/24. Rachel has an eventful birthday. **8.00** 23/24. Phoebe catches chickenpox. **8.30** 24/24. Rachel attends her former fiancé's wedding. (S2)
9.00 **Lee Evans: Monsters**
10.00 **8 Out of 10 Cats**
11.00 **Iain Stirling's Roast the Internet**
12.00 M'T **Whose Line Is It Anyway? USA**
1.00 AM **South Park**
2.00 **Utopia** 1&2/8. (S1)
3.00 **Jeff Dunham: Me the People** Comedy special.
3.45 **The Pep Talk**
3.50 **Your Face or Mine**
4.15 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra
127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 11&12/14. (S5)
11.00 **Friends** (S6)
1.00 PM **Impractical Jokers**
2.00 **Daria** (S5&1)
3.00 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing** (S8)
7.00 **Everybody Loves Raymond** Four episodes, including at: **8.00** 3/23. Michael stays home from school for two days in a row. **8.30** 2/23. Marie tries to gain the upper hand. (S8)
9.00 **South Park** (S4&6)
12.00 M'T **Beavis and Butt-Head** (S4)
2.00 AM **Key & Peele**
3.00 **Teachers** 1&2/10. (S1)
3.45 **Drunk History**
4.30 **Out of Order**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay
152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Cops**
11.00 **Hold the Front Page**
12.00 NOON **Motorway Patrol**
2.00 PM **Border Security USA**
3.00 **UK Border Force**
4.00 **Highway Cops**
5.00 **Motorway Patrol**
7.00 **SEAL Team** (S1)
9.00 **Road Wars** Chris and Simon arrest a biker armed with nunchucks.
10.00 **The Force: Manchester**
11.00 **There's Something About Movies**
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own Road Trip: Southeast Asia**
2.00 **Duck Quacks Don't Echo** Lee Mack hosts.
3.00 **Road Wars**
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **16 and Pregnant**
7.15 **Teen Mom: The Next Chapter** Reality series.
8.00 **Catfish: The TV Show**
9.00 **Catfish: Scammed**
10.00 **Catfish: Love Triangles**
11.00 **Catfish: Scammed**
1.00 PM **Catfish: The TV Show** Double bill.
3.00 **Catfish: Repeat Offenders** Reality series.
4.00 **Dallas Cowboys Cheerleaders**
6.00 **Teen Mom 2**
7.55 **Ghosted: Love Gone Missing** Reality series.
9.00 **Catfish: The TV Show**
10.00 **NEW SERIES Caught in the Act: Double Life**
11.00 **Dating Naked UK**
12.00 M'T **Ridiculousness** New edition
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.50 **Caught in the Act: Unfaithful**
3.35 **to 3.55** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Flying Wild Alaska**
9.00 **Gold Rush** Double bill.
11.00 **Wheeler Dealers World Tour**
1.00 PM **Gold Divers** Double bill.
3.00 **Hoffman Family Gold**
5.00 **Building Off the Grid** A builder constructs a modular home high on a cliff off the coast of Vancouver.
6.00 **Baggage Battles** The collectors compete for lost luggage in Glasgow, Scotland. **6.30** The collectors attend an auction in Miami, Florida.

10.00 Roadworthy Rescues

7.00 Wheeler Dealers: Dream Car Mike Brewer and Marc Priestley trade up to an iconic off roader, a Series 2A Land Rover.

8.00 Roadworthy Rescues Steve Dulcich returns, while Derek and Steve switch out the gearbox and go to a local road course.

9.00 Street Outlaws: Locals Only New edition Pennsylvania locals go all-out for $5,000 and a race against Axman.

10.00 Roadworthy Rescues New edition Derek has stashed the cheapest 1970 Pontiac GTO he could find in South Dakota.

11.00 **Mystery at Blind Frog Ranch** Chad takes a risky dive.
12.00 M'T **Moonshiners**
1.00 AM **Street Outlaws: Locals Only** As shown at 9.00pm.
2.00 **Roadworthy Rescues**
3.00 **Kindig Customs**
4.00 **to 5.00** AM **Expedition Bigfoot**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Life at Vet University**
10.00 **Tanked** An aquarium.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell**
5.00 **Lone Star Law** The Texas Game Wardens go undercover to catch someone selling illegal alligator parts.
6.00 **Dr Jeff: Rocky Mountain Vet** A dog is brought in with a suspected broken leg and a cat's appetite gets it in trouble.

8.00 Dog Detectives

7.00 Treehouse Masters Pete Nelson creates an off-the-grid escape that is all about peace, love and treehouses.

8.00 Dog Detectives Police dogs Meg and Thor are reunited with their handler Martin after he broke his leg.

9.00 Alaska: The Last Frontier Atz and the family head out on a black bear hunt, and Jane's confidence grows.

10.00 Alaskan Bush People The Browns begin an ambitious barn build, the key to Billy's grand vision. Plus, Noah returns.

11.00 **Pit Bulls & Parolees** Tia meets a family looking to adopt a new dog after losing their previous pooch to cancer.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Dog Detectives**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Europe from Above**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Car S.O.S**
2.00 PM **Erased: WWII Heroes of Colour** Documentary.
3.00 **Lost Ships of WW2**
4.00 **Pirates: Behind the Legends**
5.00 **Car S.O.S** A 1955 Ford Poplar has a host of problems.
6.00 **Hitler's Last Stand** The story of US Paratroopers who were dropped into France before the D-Day landings.

8.00 Car S.O.S

7.00 Air Crash Investigation Two pilots survive a crash which kills 37 passengers, and claim bad weather was to blame.

8.00 Car S.O.S Tim Shaw and Fuzz Townshend head to Southampton to take on a 1969 Jensen Interceptor.

9.00 Car S.O.S Tim and Fuzz rescue the rusting wreck of a rare Talbot Sunbeam Lotus belonging to a former firefighter in Forfar.

10.00 Construction Fails An overpass on Philadelphia's busy Interstate 95 highway sets ablaze after a tanker truck rolls over.

11.00 **Air Crash Investigation**
12.00 M'T **Naming the Dead**
12.50 AM **To Catch a Smuggler**
1.50 **Made in a Day**
2.20 **Lords of War** Double bill.
3.20 **Food Factory** Double bill.
4.10 **Prairie Dog Dynasty**
4.35 **to 5.00** AM **When Sharks Attack**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Swamp People: Serpent Invasion**
6.55 **Storage Hunters**
7.50 **American Pickers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Mysteries Unearthed with Danny Trejo**
1.00 PM **Death Coast**
2.00 **Deadman's Curse**
3.00 **Treasures Decoded**
5.00 **WW2 Treasure Hunters**
6.00 **American Pickers** Mike discovers a collection of vintage baseball cards.

9.00 Death Coast

7.00 Forged in Fire Four bladesmiths are tasked with forging blades out of steel from a chain and a sprocket.

8.00 Deep Water Salvage Following marine salvage teams, beginning with the retrieval of 80-year-old hardwood logs.

9.00 Death Coast Series finale The team make one final push to find the Chameau's remaining fortune.

10.00 Deadman's Curse Series finale Adam Palmer leads a team following the trail of prospector Volcanic Brown.

11.00 **World's Most Unexplained...**
12.00 M'T **Haunted Hospitals** A teenage girl confronts a malicious entity.
12.55 AM **Mysteries Unearthed with Danny Trejo**
1.50 **Death Coast** As 9.00pm.
2.50 **WW2 Treasure Hunters**
3.40 **Pawn Stars** A seller brings in an unusual diamond.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash**
10.00 **Nazi Hunters**
11.00 **War Factories**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash: Restoring Classics** Double bill.
4.00 **Nazi Hunters**
5.00 **War Factories** Hiram Maxim developed the world's first fully automatic machine gun.
6.00 **Antiques Roadshow** Fiona Bruce and the team visit Kirby Hall in Northamptonshire.

9.00 Train Rescue Down Under

7.00 Australia with Simon Reeve The author and adventurer continues his Australian journey in Kakadu National Park.

8.00 Australia with Simon Reeve The adventurer meets one of the most notorious motorcycle gangs in Gold Coast.

9.00 Train Rescue Down Under New edition The construction of a locomotive in Newcastle is nearing the finish line.

10.00 Bangers & Cash: Restoring Classics The team take on the restoration of an Austin Montego Turbo.

11.00 **Bangers & Cash** Dave heads to Bolton to pick up a classic Lancia Fulvia 1.3 Sport.
12.00 M'T **Find It, Fix It, Flog It** Items include a potato oven and an old petrol pump.
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Australia with Simon Reeve**

+1 hour 255 329

Wednesday

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Vintage Voltage**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Yorkshire Auction House**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **Cycling: Vuelta a España** The 11th stage of the Grand Tour race.
8.00 **The Yorkshire Auction House** Angus Ashworth looks through a collection of coins and toys. **9.00** A battalion of Action Man toys end up in a bidding war.
11.00 **How Do They Do It?**
1.00 AM **Mike Brewer's World of Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
8.00 **Say Yes... Lancashire**
9.00 **Say Yes... UK**
10.00 **Say Yes to the Dress**
11.00 **Judge Rinder's Crime Stories** Kenneth Noye.
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **On the Case**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **American Detective with Lt Joe Kenda**
7.00 **Judge Rinder's Crime...**
8.00 **Murder on CCTV**
9.00 **911: Did the Killer Call?** New edition
10.00 **The Killer in My Family**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
12.00 NOON **Judge Judy**
7.00 PM **Fraud Squad** A wealthy manager is taking the NHS for a ride.
8.00 **Killers: Caught on Camera** Two cases of domestic abuse reveal the consequences of toxic relationships.
9.00 **Bloodline Detectives** A woman killed close to her home in Bath. **10.00** The murder of a young couple.
11.00 **Britain's Countryside Killers** Sian O'Callaghan vanishes from a Swindon nightclub.
12.00 M'T **Cold Cases Reopened** Sharon Gill was discovered brutally murdered in her home.
1.00 AM **Bloodline Detectives** Double bill.
3.00 **Killers: Caught on Camera** Documentary.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Cold Cases Reopened** Double bill.
11.00 **Facing Evil**
12.00 NOON **Medical Detectives** Double bill.
2.00 PM **Cold Cases Reopened** Double bill.
4.00 **Facing Evil** The murder of Steven Beard. **4.30** Exploring the plot to kill Neil Olsen.
5.00 **Medical Detectives** A policeman's home is burned to the ground. **5.30** An arrest is made 20 years after three sex workers were murdered. **6.00** A pregnant woman accused her husband of attacking her. **6.30** A criminally charged sex offender and murderer attacks in a terrifying rage.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Road Wars**
7.00 **Stop, Search, Seize**
8.00 **UK Border Force**
9.00 **The Force: Manchester**
10.00 **Caught on Dashcam**
11.00 **Snapped** Willa Blanc.
12.00 NOON **The Murders at Starved Rock**
1.10 PM **Britain's Most Evil...**
2.05 **Killer in My Village**
3.00 **How I Caught the Killer**
4.00 **Most Evil Killers**
5.00 **Murdered at First Sight**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Killer in My Village**
10.00 **How I Caught the Killer**
11.00 **Britain's Most Evil Killers**
12.00 M'T **Murder Uncut**
1.00 AM **How I Caught the...**
2.00 **Killer in My Village**
3.00 **Snapped** Documentary.
4.00 **Border Security: Canada's Front Line**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Countdown to WWII**
9.20 **1066: A Year to Conquer England**
10.40 **The Hidden Side of World War II**
11.55 **Hitler's Gold**
1.00 PM **Countdown to WWII**
2.10 **1066: A Year to Conquer England**
3.30 **The Hidden Side of World War II**
4.40 **Hitler's Gold**
5.40 **Countdown to WWII**
6.55 **1066: A Year to Conquer England**
8.15 **The Hidden Side of World War II** How D-Day marked the start of World War Two liberation efforts.
9.25 **Hitler's Gold** How the Nazis' finances were affected by war in Europe.
10.30 **1066: A Year to Conquer England**
12.00 M'T **The Hidden Side of World War II**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

WEDNESDAY

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Love Has Won: The Cult of Mother God**
7.05 **Discovering: Richard...**
8.00 **The Directors**
9.00 **The Seventies**
10.00 **Spector**
11.00 **The Mortician**
12.00 NOON **Be Water**
2.00 PM **Yacht Rock: A Dockumentary**
4.00 **Discovering: Richard Attenborough**
5.00 **The Directors**
6.00 **The Seventies**
7.00 **Spector** 3/4. Phil Spector assembles his defence team.
8.00 **The Mortician** 3/3. Members of the Lamb family are convicted of various crimes.
9.00 **Tell Them You Love Me**
11.00 **FILM Bowling for Columbine** Satirist Michael Moore's offbeat documentary exploring America's fascination with guns. (2002, 15, 114min) ★★★★
1.20 AM **Dave Not Coming Back**
3.10 **Stasi FC** Documentary.
5.00 **to 6.00** AM **Discovering: Richard Attenborough**

Sky Nature

145 113/114 189 354 369

6.00 AM **Gangs of Lemur Island**
7.00 **Monkey Life**
8.00 **Africa's Hidden Kingdoms**
9.00 **Arabian Inferno**
10.00 **Dawn to Dusk**
11.00 **Big Cat Country**
12.00 NOON **Into the Wild: India**
1.00 PM **Monkey Life**
2.00 **Africa's Hidden Kingdoms**
3.00 **Arabian Inferno**
4.00 **Dawn to Dusk**
5.00 **Land of Primates**
6.00 **Into the Wild: India**
7.00 **Monkey Life** Double bill.
8.00 **Whale with Steve Backshall** Steve freedives with whales and dolphins, getting closer than ever before to record rarely seen behaviours.
9.00 **Arctic Secrets**
10.00 **Into the Wild: India**
11.00 **Land of Primates**
12.00 M'T **Big Cat Country**
1.00 AM **Gangs of Lemur Island**
2.00 **Whale with Steve Backshall**
3.00 **Arctic Secrets**
4.00 **Africa's Hidden Kingdoms**
5.00 **to 6.00** AM **Arabian Inferno**

Sky History 2

163/168 143 186

6.00 AM **Life After People**
8.00 **History's Greatest Mysteries**
9.00 **The Abyss: Rise & Fall of the Nazis** Double bill of editions.
11.00 **Ancient Aliens**
1.00 PM **Craig Charles: UFO Conspiracies**
2.00 **Digging for Britain**
4.00 **Life After People**
6.00 **History's Greatest Mysteries**
7.00 **The Abyss: Rise & Fall of the Nazis** How discrimination against Jews was evident in Nazi Germany in 1934. **8.00** The invasion of Poland by the German army in 1939.
9.00 **Ramses the Great: King of Ancient Egypt** The life of Ramses II, who was a pharaoh of Egypt during the New Kingdom.
10.00 **Ghost Ships** Searching the seabeds off Nova Scotia for wreckage from the SS *Atlantic*.
11.00 **Ancient Aliens**
1.00 AM **Craig Charles: UFO Conspiracies**
2.00 **Digging for Britain**
4.00 **History's Greatest Aircraft**
5.00 **to 6.00** AM **Dirty Old Cars**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
8.00 **Killer Town**
9.00 **Murdertown**
10.00 **Buried in the Backyard**
11.00 **#Textmewhenyougethome**
12.00 NOON **A Perfect Scam**
1.00 PM **Somebody's Hiding...**
2.00 **Judge Rinder's Crime Stories**
3.00 **Cops Who Kill with Will Mellor**
4.00 **Murdertown**
5.00 **When Missing Turns to Murder**
6.00 **Imperfect Murder**
7.00 **An Hour to Kill**
8.00 **Somebody's Hiding Something** New edition
9.00 **Lie Detector: Truth or Deception** New edition
10.00 **Menendez Brothers: Murder by Media** Documentary.
1.00 AM **Lie Detector: Truth or Deception**
2.00 **Imperfect Murder**
3.00 **A Perfect Scam**
4.00 **When Missing Turns to Murder**
5.00 **to 6.00** AM **Buried in the Backyard**

+1hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Hostile Planet**
10.00 **Monster Fish**
11.00 **Critter Fixers: Country Vets**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Wild Borneo**
3.00 **National Parks: USA**
4.00 **Secrets of the Zoo: Penguin Party**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Extraordinary Australia**
8.00 **Incredible Animal Journeys** Animals embarking on ocean odysseys, from humpback whales to green turtles. **9.00** Animals chasing the rains across the African savannah.
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **Animal Fight Club**
1.00 AM **Last of the Giants: Wild Fish** The team hit the waters in search of the giant muturo.
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **World's Deadliest**

Discovery History

174 147 181 320 325

7.00 AM **Greatest Events of World War II** As shown at 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Greatest Events of World War II** Archive footage tells the story of the Allies' bombing of the German city of Dresden, one of the most controversial events of World War Two.
9.00 **Ancient Unexplained Files** The mystery behind an ancient burial ground in Germany filled with bones, swords and an axe.
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Hornby: A Model World**
1.00 PM **Hornby: A Model World**
7.00 **Hornby: A Model World** The iconic Locomotive Flying Scotsman is scaled down 120 times from real life. **8.00** Hornby prepares for a right royal year with a miniature 1930s classic 'Coronation' train including the elegant 'Beavertail' observation carriage. **9.00** The Intercity 125 gets an overhaul, and the pressure is on to design two quick build models of the Ford Mustang in time for the summer holidays. **10.00** Young designer Tom has his work cut out creating a new model of the record-breaking de Havilland DH100 Vampire with its unusual space age look. **11.00** The team race to finish a model of the giant P2, The Prince of Wales locomotive, hoping to be the first to bring a model of this giant to market.
12.00 M'T **Hornby: A Model World**
5.20 **to 6.00** AM **The Bill**

+1hour 266 376

ID

154 141 166

8.00 AM **Forbidden: Dying for Love**
9.00 **Death by Fame**
11.00 **Blood Runs Cold**
1.00 PM **The 1980s: The Deadliest Decade** Double bill.
3.00 **Caught in the Net**
5.00 **The Lies That Bind**
7.00 **Disappeared** The case of 19-year-old Katelin Akens, who vanished in a Virginia shopping mall, while en route to the airport to fly home to her fiancé. **8.00** The case of Danielle Imbo and Richard Petrone, who vanished after leaving a night club in Philadelphia in 2005.
9.00 **Dark Waters: Murder in the Deep** A case in which a newlywed couple headed to the one remote island where a serial killer was in hiding.
10.00 **Calls from the Inside** A woman is found dead in front of her boyfriend's home in Michigan.
11.00 **Good Cop, Bad Cop**
12.00 M'T **Man with a Van**
2.00 AM **The Lies That Bind**
4.00 **to 6.00** AM **Disappeared**

+1hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrapyard Dynasty**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Bad Chad Customs**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Outback Car Hunters**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Bad Chad Customs**
4.00 **Shorty's Dream Shop**
5.00 **Salvage Hunters: Classic Cars**
6.00 **Motor Pickers**
7.00 **Shed and Buried**
8.00 **Shorty's Dream Shop** The team work on a 1971 Cutlass.
9.00 **Richard Hammond's Workshop** Richard and the team enter the UK's most prestigious classic car show contest.
10.00 **Bad Chad Customs**
11.00 **Shed and Buried**
12.00 M'T **Shorty's Dream Shop**
1.00 AM **Outback Car Hunters**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers: Dream Car**
4.00 **to 5.00** AM **Wrench'd**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.15 AM **The Lord of the Rings...**
8.35 **The Prosecutor** As 1.15am.
10.40 **Gator Creek** As 3.15am.
12.15 PM **Night Call** Crime thriller. (2024, 15, 97min) ★★★★
2.00 **The Lord of the Rings: The War of the Rohirrim** (2024)
4.20 **Sonic the Hedgehog 3** Fantasy adventure sequel. (2024, PG, 110min) ★★★
6.15 **The Surfer** Psychological thriller starring Nicolas Cage. (2024, 15, 100min) ★★★★

10.00 Heart Eyes

8.00 **Saturday Night** Comedy drama starring Gabriel LaBelle. During the build-up to the first broadcast of *Saturday Night Live*, comedians and writers prepare to change TV for ever. With Rachel Sennott. (2024, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Heart Eyes** Horror comedy starring Mason Gooding and Olivia Holt. A serial killer targets romantic partners on Valentine's Day. (2025, 15, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Restless** Thriller with Lyndsey Marshal. (2024, 15, 89min) ★★
1.15 AM **The Prosecutor** Hong Kong thriller. (2024, 15, 117min)
3.15 **Gator Creek** Horror thriller. (2025, 15, 87min) ★
4.50 **to 7.10** AM **The Lord of the Rings: The War of the Rohirrim** Animated adventure. (2024, 12, 134min) ★★★★

Sky Cinema Hits

303 303 403 503 517

6.00 AM **The Money Pit** (1985)
7.35 **Man of Steel** Fantasy. (2013, 12, 143min) ★★★
10.00 **Coup!** Comedy thriller. (2023, 12, 98min) ★★★★
11.50 **The Woman in Black** Chiller. (2012, 12, 91min) ★★★★
1.35 PM **There Will Be Blood** Epic drama. (2007, 15) ★★★★★
4.20 **Bad Teacher** Comedy. (2011, 15, 92min) ★★★
6.10 **Charlie's Angels** Comedy thriller. (2000, 15) ★★★★

4.20 Bad Teacher

8.00 **Charlie's Angels: Full Throttle** Comedy thriller sequel starring Cameron Diaz, Drew Barrymore and Lucy Liu. The Angels run into a fallen former Angel when they try to retrieve two rings containing top-secret information. (2003, 12, 106min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Royal Hotel** Thriller starring Julia Garner and Jessica Henwick. Two American backpackers take jobs in an Australian pub and are confronted by the unruly locals. (2023, 18, 91min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **The Money Pit** Comedy. (1985, 15, 91min) ★★★
1.10 AM **Parenthood** Comedy drama starring Steve Martin. (1989, 15, 124min) ★★★★
3.15 **HouseSitter** Romantic comedy starring Steve Martin. (1992, PG, 102min) ★★★
5.00 **to 6.50** AM **Bad Teacher**

Sky Cinema Drama

310 310 410 510 524

6.10 AM **My First Summer** (2020)
7.35 **The Quiet Man** As 11.45pm.
9.55 **The Great Escaper** As 10pm.
11.45 **A League of Their Own** Comedy drama with Tom Hanks. (1992, PG, 124min) ★★★★
1.55 PM **My First Summer** Drama. (2020, 15, 80min) ★★★
3.30 **Sunset Boulevard** Classic Hollywood melodrama. (1950, b/w, PG, 110min) ★★★★★
5.35 **It Ends with Us** Romantic drama. (2024, 15, 125min) ★★★
8.00 **One Life** Fact-based drama starring Anthony Hopkins and Johnny Flynn. Months before World War Two, a London stockbroker attempts to rescue hundreds of children from Nazi-occupied Czechoslovakia. (2023, 12, 105min) ★★★★
10.00 **The Great Escaper** Fact-based drama starring Michael Caine and Glenda Jackson in her final film. (2023, 12, 96min) ★★★★
11.45 **The Quiet Man** John Ford's romantic drama starring John Wayne and Maureen O'Hara. (1952, U, 129min) ★★★
2.10 AM **Carmen & Lola** Drama. (2018, 18, 120min) ★★★
4.10 **to 6.00** AM **Cicada** Drama. (2020, 15, 96min) ★★★★

Sky Cinema Monsters

311 311 411 511 525

7.05 AM **The Cinema List: Jurassic**
7.20 **Rampage** As 12.00m't.
9.10 **The Scorpion King** As 5.40am.
10.55 **The Mummy: Tomb of the Dragon Emperor** Adventure sequel. (2008, 12, 112min) ★★★
12.55 PM **Cloverfield** Offbeat disaster movie. (2007, 15, 81min) ★★★
2.25 **10 Cloverfield Lane** Thriller with Mary Elizabeth Winstead. (2016, 12, 103min) ★★★★
4.10 **Godzilla** Monster thriller remake. (2014, 12, 118min) ★★★
6.15 **I Am Legend** Sci-fi horror thriller starring Will Smith. (2007, 15, 101min) ★★★★
8.00 **Jaws** Steven Spielberg's thriller starring Roy Scheider, Robert Shaw and Richard Dreyfuss. A killer shark terrorises a beach resort on America's east coast. (1975, 12, 125min) ★★★★★
10.05 **The Meg** Action thriller starring Jason Statham and Bingbing Li. (2018, 12, 113min) ★★★
12.00 M'T **Rampage** Adventure. (2018, 12, 107min) ★★★
1.50 AM **The Invisible Man** Thriller. (2020, 15, 124min) ★★★★
4.00 **Warm Bodies** Horror comedy. (2013, 12, 94min) ★★★★
5.40 **to 7.15** AM **The Scorpion King** Fantasy. (2002, 12, 91min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Back to School

306 306 406 506 519

6.05 AM **The Cinema List**
6.30 **The NeverEnding Story**
8.20 **The Wild Thornberrys Movie**
10.00 **The Spiderwick Chronicles** Fantasy. (2008, PG) ★★★★
11.50 **Hook** Fantasy adventure. (1991, U, 140min) ★★★
2.15 PM **Jumanji** Fantasy. (1995, PG, 104min) ★★★★
4.00 **Spy Kids** Action comedy. (2001, U, 88min) ★★★★
5.45 **Spy Kids 2: Island of Lost Dreams** (2002, U) ★★★★

5.45 Spy Kids 2

7.40 **Spy Kids 3: Game Over** Action comedy sequel starring Daryl Sabara and Alexa Vega. A teen agent gets caught inside a fiendish video game. (2003, U, 84min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

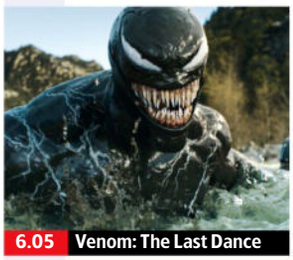
9.20 **The NeverEnding Story** Fantasy adventure about a brave young warrior on a quest to save the empire of Fantasia. Stars Barret Oliver, Gerald McRaney and Noah Hathaway. (1984, U, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **The Wild Thornberrys Movie** Animated adventure featuring the voice of Lacey Chabert. (2002, U, 85min) ★★★★
12.50 AM **The Witches** Fantasy adventure starring Anjelica Huston and Mai Zetterling. (1989, PG, 90min) ★★★★
2.35 **Scarygirl** Animated fantasy. (2023, PG, 90min) ★★★
4.20 **to 6.00** AM **Monster House** Animated comedy adventure. (2006, PG, 91min) ★★★★

Sky Cinema Action

307 307 407 507 521

7.05 AM **King of Killers** As 1.45am.
8.40 **Cleaner** As 3.20am.
10.20 **Hellboy** Horror fantasy. (2004, 12, 122min) ★★★★
12.35 PM **Baby Driver** Thriller. (2017, 15, 113min) ★★★★
2.30 **Arcadian** Horror thriller. (2024, 15, 92min) ★★★★
4.15 **Enter the Dragon** Thriller. (1973, 18, 97min) ★★★★
6.05 **Venom: The Last Dance** Fantasy starring Tom Hardy. (2024, 15, 110min) ★★★


6.05 Venom: The Last Dance

8.00 **300** Epic adventure starring Gerard Butler and Lena Headey. In 480 BC, 300 Spartans face overwhelming odds when they make a defiant stand against the Persian enemy at the Battle of Thermopylae. (2006, 15, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Beekeeper** Thriller starring Jason Statham. A man finds someone important to him has been scammed and driven to harm, so seeks vengeance on those responsible. (2023, 15, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Long Gone Heroes** Thriller. (2024, 15, 101min) ★★★
1.45 AM **King of Killers** Action thriller. (2023, 15, 92min) ★
3.20 **Cleaner** Action thriller. (2025, 15, 97min) ★★★
5.05 **to 7.20** AM **The Magnificent Seven** Vintage Western. (1960, PG, 138min) ★★★★★

Sky Cinema Comedy

308 308 408 508 522

6.40 AM **Heaven Can Wait** Fantasy. (1978, PG, 100min) ★★★★
8.25 **A Night at the Roxbury**
9.55 **A Nice Indian Boy** (2024)
11.35 **Superbad** As 2.40am.
1.35 PM **Disaster Movie** Spoof comedy. (2008, 12, 86min) ★
3.10 **Ace Ventura Pet Detective** Comedy. (1993, 12) ★★★★
4.40 **Ace Ventura: When Nature Calls** (1995, PG) ★★★
6.20 **The Nutty Professor** Comedy. (1996, 12, 95min) ★★★

9.50 A Nice Indian Boy

8.00 **Nutty Professor II: The Klumps** Comedy sequel starring Eddie Murphy. Overweight college professor Sherman Klump decides to rid himself of his troublesome alter ego, Buddy Love. (2000, 12, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **A Nice Indian Boy** Romantic comedy with Karan Soni and Jonathan Groff. A traditional Indian family struggle to come to terms with the fact their son is planning to marry his white artist boyfriend (2024, 12, 96min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Sacramento** Comedy. (2024, 15, 89min) ★★★
1.15 AM **A Night at the Roxbury** Spin-off comedy from US TV series *Saturday Night Live*. (1998, 15, 82min) ★
2.40 **Superbad** Teen comedy. (2007, 15, 113min) ★★★★
4.35 **to 6.05** AM **Disaster Movie**

Sky Cinema Thriller

309 309 409 509 523

8.10 AM **Eileen** As 4.55am.
9.50 **Dangerous Waters** Thriller. (2023, 15, 101min) ★★★
11.35 **Serpico** Crime drama. (1973, 18, 130min) ★★★★
1.45 PM **Angels & Demons** Mystery thriller starring Tom Hanks. (2009, 12, 138min) ★★
4.10 **Hotel Mumbai** Fact-based thriller starring Dev Patel. (2018, 15, 123min) ★★★★
6.20 **Retribution** Action thriller. (2023, 12, 91min) ★★

10.10 Detroit

8.00 **Inferno** Director Ron Howard's adaptation of the Dan Brown thriller, starring Tom Hanks, Felicity Jones and Irrfan Khan. While suffering from amnesia, Professor Robert Langdon tries to stop a lethal virus from killing millions of people. (2016, 12, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Detroit** Fact-based drama set during the 1967 Detroit riots, starring John Boyega. Racist police officers respond to a complaint with retribution rather than justice in mind. (2017, 15, 143min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Lawless** Crime drama. (2012, 18, 111min) ★★★★
2.40 **K-19: The Widowmaker** Cold War thriller starring Harrison Ford. (2002, 12, 138min) ★★★
4.55 **to 6.40** AM **Eileen** Thriller. (2023, 15, 97min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Picnic** Melodrama. (1955, U, 113min) ★★★
1.15 PM **It Should Happen To You** Vintage romantic comedy. (1953, b/w, U, 100min) ★★★
3.00 **Far from the Madding Crowd** Romantic drama. (1967, U, 156min) ★★★
6.20 **The Remains of the Day** Merchant-Ivory period drama starring Anthony Hopkins. (1993, U, 134min) ★★★★★

10.50 Monday

The Remains of the Day (film started at 6.20pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Beast** Action thriller starring Idris Elba and Sharlto Copley. A recently widowed man and his teenage daughters are hunted by a huge rogue lion in the savanna. (2022, 15, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

10.50 **Monday** Romance with Sebastian Stan and Denise Gough. Two Americans living in Greece meet in the heat of summer one whirlwind weekend. (2020, 15, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM

1.10 **to 3.25** AM **Friends with Benefits** Romantic comedy with Justin Timberlake and Mila Kunis. (2011, 15, 105min) ★★★

+1hour 314 430 47 301 257

Sky Cinema 90s

302 302 402 502 516

7.35 AM **In the Line of Fire** (1993)
9.55 **The Shawshank Redemption** Prison drama starring Tim Robbins and Morgan Freeman. (1994, 15, 142min) ★★★★★
12.25 PM **Saving Private Ryan** Steven Spielberg's war drama. (1998, 15, 169min) ★★★★★
3.15 **The Fisher King** Terry Gilliam's urban fable with Robin Williams. (1991, 15, 137min) ★★★★★

5.35 **Robin Hood: Prince of Thieves** Fantasy adventure starring Kevin Costner. (1991, PG, 138min) ★★
8.00 **Godzilla** Hollywood remake of the Japanese monster movie, starring Matthew Broderick and Jean Reno. A giant mutant lizard heads for Manhattan, leaving a trail of disaster in its wake. (1998, PG, 139min) ★★★
10.25 **The Mummy** Action adventure starring Brendan Fraser, Rachel Weisz and John Hannah. (1999, 15, 124min) ★★★★

12.35 AM **Event Horizon** Sci-fi horror thriller. (1997, 18, 96min) ★★★
2.15 **Congo** Jungle adventure. (1995, 12, 108min) ★★★
4.10 **The Cinema List: Antiheroes**
4.35 **to 6.50** AM **In the Line of Fire** Thriller starring Clint Eastwood. (1993, 15, 127min) ★★★★

Sky Cinema Greats

304 304 404 504 518

6.40 AM **Rashomon** As 4.40am.
8.25 **The Great Escape** Adventure. (1963, PG, 166min) ★★★★★
11.20 **Clear and Present Danger** Thriller. (1994, 12, 141min) ★★★
1.45 PM **True Grit** Vintage Western. (1969, PG, 128min) ★★★★★
4.00 **Escape from Alcatraz** Prison drama. (1979, 15, 112min) ★★★★
6.00 **Patriot Games** Action thriller. (1992, 15, 116min) ★★★

8.00 **Dirty Harry** Police thriller starring Clint Eastwood. Maverick San Francisco cop Harry Callahan pursues a psychotic sniper. With Harry Guardino. (1971, 15, 103min) ★★★★★
9.45 **Sleepers** Fact-based drama starring Kevin Bacon, Robert De Niro, Dustin Hoffman, Jason Patric and Brad Pitt. Years after being abused by guards at a reform school, four former teenage friends take their revenge. (1996, 18, 146min) ★★★

12.15 AM **Serpico** Crime drama. (1973, 18, 130min) ★★★★
2.25 **Patriot Games** As 6.00pm.
4.25 **The Cinema List: Unmissable Sky Originals**
4.40 **to 6.10** AM **Rashomon** Japanese director Akira Kurosawa's drama. (1950, b/w, 12, 88min) ★★★★★

Sky Cinema Animation

305 305 412 500 514

7.20 AM **Sinbad: Legend of the Seven Seas** As 2.15am.
9.00 **Shrek 2** Animated sequel. (2004, U, 93min) ★★★★★
10.40 **The Nut Job** As 9.15pm.
12.20 PM **The Adventures of Tintin: The Secret of the Unicorn** Animated family adventure. (2011, PG, 106min) ★★★★★
2.15 **Monsters vs Aliens** Animation. (2009, PG, 90min) ★★★

4.00 **Shrek the Third** Animated sequel. (2007, U, 88min) ★★★★
5.40 **Smallfoot** Animated adventure. (2018, U, 96min) ★★★
7.25 **The Wild Robot** Animation with the voice of Lupita Nyong'o. (2024, U, 102min) ★★★★
9.15 **The Nut Job** Animated family comedy with the voice of Will Arnett. (2014, U, 85min) ★★★
10.55 **Rugrats Go Wild** Animation. (2003, U, 81min) ★★★
12.25 AM **The Inventor** Animation. (2023, PG, 100min) ★★★

2.15 **Sinbad: Legend of the Seven Seas** Animated adventure. (2003, U, 85min) ★★★★
3.55 **The Swan Princess** Animated musical. (1994, U, 89min) ★★★
5.40 **to 7.25** AM **Barnyard** Animated family comedy. (2006, PG, 90min) ★

Movies 24

312 313 419

7.00 AM **Blind Date Book Club** Drama. (2024, PG, 90min) ★★
9.00 **Stepping into Love** Romantic drama. (2023, PG, 82min) ★★
11.00 **Lease on Love** Romantic comedy. (2022, PG, 86min) ★★
1.00 PM **Junebug** Fantasy drama. (2024, PG, 84min) ★★
3.00 **A Priceless Love** Romantic drama starring Erin Agostino. (2022, PG, 85min) ★★

5.00 **Branching Out** Drama. (2024, PG, 90min) ★★
7.00 **Planning for Joy** Romantic comedy. (2022, PG, 86min) ★★
9.00 **A Pinch of Portugal** Romantic drama starring Heather Hemmens and Luke Mitchell. A cook finds herself hosting a TV show when the celebrity chef she works for abruptly quits. (2023, PG, 84min) ★★
11.00 **3 Bed, 2 Bath, 1 Ghost** Supernatural romantic comedy. (2023, PG, 84min) ★★

1.00 AM **Autumn at Apple Hill** Romantic comedy drama. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **Styled with Love** Romantic comedy drama. (2022, PG, 89min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Stagecoach West** (S1)
7.05 **Women without Men** Drama. (1956, b/w, PG, 80min) ★★
8.35 **Ramrod** Western adventure. (1947, b/w, PG, 94min) ★★★
10.30 **Broken Journey** Drama. (1948, b/w, PG, 89min) ★★
12.15 PM **The Shillingbury Blowers** Comedy drama starring Robin Nedwell. (1979, PG, 95min) ★★
1.55 **The Brothers** 12/13. (S5)

3.00 **The League of Gentlemen** Vintage comedy thriller. (1959, b/w, PG, 114min) ★★★★
5.10 **Web of Suspicion** Crime drama. (1959, b/w, PG, 70min) ★★★
6.25 **Strange But True**
7.00 **Danger UXB** 11/13. (S1)
8.05 **Van der Valk** 3/7. (S2)
9.05 **Maigret** 3/6. (S13)
10.55 **Reckless** 5/6. (S1)
12.00 M'T **The Cater Street Hangman** Victorian thriller starring Eoin McCarthy and Keeley Hawes. (1998, PG, 100min) ★★★

2.05 AM **Algiers** Romantic drama. (1938, b/w, PG, 95min) ★★★
4.00 **Shadows on the Stairs** Mystery thriller starring Paul Cavanagh. (1941, b/w, PG, 63min) ★★
5.15 **Look at Life**
5.25 **to 6.00** AM **Churchill's Secret Army**

Wednesday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk**
4.00 LIVE **US Open Tennis** Coverage of the 11th day of the Grand Slam event staged at the USTA Billie Jean King National Tennis Center in Flushing Meadows, New York, where the men's and women's quarter-finals are due to continue. Great Britain's Jack Draper was in action at this stage last year, and produced one of the best performances of his career as he won in three straight sets against Alex de Minaur, which set up a semi-final against the top seed Jannik Sinner, who was victorious over Daniil Medvedev by a 6-2, 1-6, 6-1, 6-4 scoreline.
12.00 M'T LIVE **US Open Tennis** Further coverage of day 11 held at the USTA Billie Jean King National Tennis Center in Flushing Meadows, New York, where the men's and women's quarter-finals are scheduled to continue.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
9.30 **SNF** Leeds United v Newcastle United staged at Elland Road.
10.00 **Sky Sports FC**
12.00 NOON **Gary Neville's Soccerbox** John Barnes. **12.30** PM With Matt Le Tissier.
1.00 **Premier League Review**
2.00 **SNF** Leeds United v Newcastle United staged at Elland Road.
2.30 **Premier League Highlights**
4.30 **Netbusters** Recent action.
5.00 **The Premier League Show**
7.00 **Premier League Stories**
7.30 **Match Officials Mic'd Up**
8.00 **Premier League Review**
9.00 **Premier League Stories**
9.30 **Match Officials Mic'd Up** In-game audio of selected incidents from the Premier League.
10.00 **Transfer 360** The inside story of why Emmanuel Adebayor left Arsenal for Manchester City.
10.30 **Word Association**
10.45 **My Origin Story: Mikel Arteta**
11.00 **Premier League Years**
1.00 AM **PL Retro** Liverpool v Blackburn Rovers from 1994/95.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Championship Retro**
8.00 **Best Moments from the Championship Play-Off Final**
8.30 **Best Moments from the League 1 & 2 Play-Off Final**
9.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** The 2015 final.
11.00 **There's Only One Sauzee**
11.30 **Dundee United: Champions 83**
12.00 NOON **EFL Highlights**
12.30 PM **SPFL Round-Up**
12.45 **SPFL Highlights**
1.15 **EFL Highlights** Championship.
3.00 **EFL League One Goals**
3.30 **EFL League Two Goals**
4.00 **EFL Highlights** Action from Middlesbrough v Sheffield United.
4.15 **SPFL Round-Up**
4.30 **SPFL Highlights** Rangers v Celtic in the Scottish Premiership.
5.00 **EFL Greatest Games**
6.00 **EFL Highlights** Championship.
7.45 **EFL League One Goals**
8.15 **EFL League Two Goals**
8.45 **SPFL Round-Up**
9.00 **SPFL Highlights**
9.30 **EFL Highlights** Championship.
11.00 **EFL Greatest Games**
12.00 M'T **EFL** Championship play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **The Hundred** Men's final.
9.30 **Best of England v South Africa**
10.00 **One-Day International Cricket**
11.00 **Best of England v South Africa**
12.00 NOON **One-Day International Cricket** England v South Africa.
1.00 PM **Best of England v South Africa** The third Test from 2012.
1.15 **The Hundred Bitesize**
1.30 **Best of England v South Africa**
2.00 **One-Day International Cricket**
3.00 **Best of England v South Africa**
3.30 **The Hundred Bitesize**
4.00 **Best of England v South Africa**
4.15 **One-Day International Cricket**
5.15 **The Hundred Bitesize**
5.45 **Best of England v South Africa**
6.15 LIVE **T20 Blast Cricket Surrey v Northamptonshire Steelbacks.** The opening quarter-final from the Oval.
9.30 **One-Day International Cricket**
10.30 **Best of England v South Africa**
11.30 **One-Day International Cricket**
12.30 AM **Best of England v South Africa** The second ODI in 2005.
1.00 **One-Day International Cricket**
2.00 **Vitality T20 Blast Cricket**
5.15 **The Hundred Bitesize**
5.30 **to 6.00** AM **Best of England v South Africa**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Ladies European Tour Golf**
7.00 **LPGA Tour Golf** Portland Classic. **9.00** CPKC Women's Open. **11.00** FM Championship.
2.00 PM **The Greatest Solheim Cup**
4.00 **Women's Golf** Insights.
5.00 **Ladies European Tour Golf**
6.00 **Legends Tour Golf**
7.00 **Countdown to the Ryder Cup** A look ahead to the competition.
7.30 **Challenge Tour Golf Highlights**
8.00 **My Ryder Cup** David Gilford. **8.15** Bernard Gallacher. **8.30** Sam Torrance's memories. **8.45** Colin Montgomerie.
9.00 **Tales from the Ryder Cup** Stories from the competition between USA and Europe.
10.00 **Europe! Europe!** The inside story behind Europe's back-to-back success on home soil in the Solheim and Ryder Cups.
12.00 M'T **Challenge Tour Golf Highlights** Dormy Open.
12.30 **to 6.00** AM **DP World Tour Golf**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **WTA Tennis** Cincinnati Open.
7.00 **US Open Tennis** Day ten action.
1.30 PM **US Open Tennis** Highlights of day 10 of the Grand Slam.
4.00 LIVE **US Open Tennis** Coverage of day 11 at the USTA Billie Jean King National Tennis Center, where the men's and women's quarter-finals continue. Great Britain's Jack Draper was in action at this stage last year, and produced one of the best performances of his career.
12.00 M'T LIVE **US Open Tennis** Further coverage of day 11 of the Grand Slam from the USTA Billie Jean King National Tennis Center.
5.30 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **La Vuelta Men** Stage ten.
7.00 **Onboard** Ocean Race Europe.
7.30 **SailGP – Racing on the Edge**
8.00 **Snooker: Wuhan Open**
9.00 **T100 Triathlon World Tour**
10.00 **Tour of Britain** The first stage.
11.00 LIVE **Cycling: Tour of Britain** Coverage of the second stage, a route of 173.7km that starts and ends in Stowmarket.
3.30 PM **T100 Triathlon World Tour**
4.30 **Snooker: Wuhan Open** Action from the tournament.
5.30 **MLB Plays of the Week**
6.00 LIVE **MLB Detroit Tigers v New York Mets.** Coverage of the inter-league match at Comerica Park. Start-time is at **6.10pm**.
9.15 LIVE **MLB San Diego Padres v Baltimore Orioles.** Coverage of the inter-league match from Petco Park. Start-time **9.10pm**.
12.15 AM **Premier League Netbusters**
12.45 **Serie A – Full Impact**
1.15 **TNT Sports Reload**
1.30 **Onboard** Ocean Race Europe.
2.00 **La Vuelta Men** The 11th stage.
3.00 **Tour of Britain** Stage two.
4.00 **TNT Sports Reload**
4.30 **to 6.00** AM **IEPF World Championships Shootout**

TNT Sports 2

411 414 522 409 431

6.00 AM **MotoGP Classics**
9.00 **SailGP Highlights**
1.00 PM **MLB Highlights**
2.00 **The Football Archives: UEFA Champions League**
4.00 **MLB Highlights**
5.00 **WNBA** Action from Golden State Valkyries v Washington Mystics.
6.00 **TNT Sports Reload**
6.30 **Serie A – Full Impact**
7.00 **Premier League Netbusters**
7.30 **Premier League Stories**
8.00 **FIM Speedway Grand Prix Highlights** In Wroclaw, Poland.
9.00 LIVE **MLB San Diego Padres v Baltimore Orioles.** Coverage of the inter-league match at Petco Park, which is the final contest of a three-game series. Both of these teams reached the play-offs last season, and while the Orioles are realistically out of contention to do so this year, the Padres are in a good position to either win the NL West or enter via the wild card places. Start-time is at **9.10pm**.
12.15 AM **MLB Plays of the Week**
12.45 **UFC Reloaded** Archive action.
4.15 **UFC Fight Flashback**
5.15 **TNT Sports Cricket Reload**
5.45 **to 6.00** AM **The Pioneers**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **British and Irish Lions Tour**
7.00 **The Rugby Championship** South Africa v Australia staged at DHL Stadium in Cape Town.
9.00 **The Rugby Championship** Argentina v New Zealand at José Amalfitani Stadium, Buenos Aires.
11.00 **Premier League Darts** Action from the third round of the season at 3Arena in Dublin, including Luke Humphries v Stephen Bunting.
3.00 PM **The Rugby Championship** South Africa v Australia from the second round of fixtures at DHL Stadium in Cape Town.
5.00 **The Rugby Championship** Argentina v New Zealand from the second round of fixtures at José Amalfitani Stadium, Buenos Aires.
7.00 **British and Irish Lions Tour**
9.00 **Premier League Darts** Action from the third round of the season at 3Arena in Dublin. The quarter-finals were Luke Humphries v Stephen Bunting, Gerwyn Price v Luke Littler, Rob Cross v Nathan Aspinall and Michael van Gerwen v Chris Dobey.
1.00 AM **British and Irish Lions Tour**
2.00 **to 6.00** AM **The Rugby Championship**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk**
4.00 LIVE **US Open Tennis** Coverage of the 11th day of the Grand Slam staged at the USTA Billie Jean King National Tennis Center in Flushing Meadows, New York, where the men's and women's quarter-finals are scheduled to continue. American Taylor Fritz and German Alexander Zverev were involved in a very competitive match at this stage last year, with the home favourite coming out on top 7-6, 3-6, 6-4, 7-6.
12.00 M'T LIVE **US Open Tennis** Further coverage of day 11 of the Grand Slam from Flushing Meadows, New York. Frances Tiafoe set up an all-American semi-final 12 months ago when he took a 6-3, 6-7, 6-3, 4-1 lead in his clash against Bulgarian Grigor Dimitrov, who had to withdraw due to injury with his elimination looking imminent.
2.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **One-Day International Cricket**
8.00 **DP World Tour Golf**
8.30 **Challenge Tour Golf Highlights**
9.00 **LPGA Tour Golf** Women's Open.
11.00 **One-Day International Cricket**
12.00 NOON **The Rugby Championship**
2.00 PM **PL Greatest Games**
3.00 **DP World Tour Golf**
3.30 **Challenge Tour Golf Highlights**
4.00 **The Rugby Championship** South Africa v Australia.
6.00 **One-Day International Cricket** England v South Africa.
7.00 **PGA Tour Golf** A review of the Tour Championship.
8.00 **PGA Tour Champions** Highlights from the Ally Challenge.
9.00 **One-Day International Cricket** England v South Africa.
10.00 **British and Irish Lions Tour**
12.00 M'T **PL Greatest Games**
1.00 AM **PDC Classics** Archive action.
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **DP World Tour Golf**

TNT Sports 3

413 415 523 410 432

6.00 AM **ABB FIA Formula E World Championship Highlights**
11.00 **The Gruppetto** Cycling action.
11.15 **La Vuelta Men** Stage ten.
12.15 PM LIVE **Cycling: La Vuelta Men** Coverage of stage 11 of the Grand Tour race, a 157.5km route that starts and ends in Bilbao.
5.00 **Onboard** Ocean Race Europe.
5.30 **SailGP – Racing on the Edge**
6.00 **Snooker: Wuhan Open** A look back at the best stories and action from the tournament.
7.00 **IEPF World Championships Shootout** Tournament highlights.
8.30 **Premier League Reload** The best action from matchday three of the season, featuring Chelsea v Fulham and Liverpool v Arsenal.
8.45 **Fishing: On the Bank**
9.45 **The Gruppetto** Cycling action.
10.00 **La Vuelta Men** The 11th stage.
11.00 **Tour of Britain** Stage two.
12.00 M'T **to 6.00** AM **MotoGP Highlights**

TNT Sports 4

414 416 524 411 434

6.00 AM **AFL** Recent action.
12.00 NOON **AFL** A chance to see Adelaide Crows v Brisbane Lions. **1.30** PM A replay of Carlton Blues v Essendon Bombers. **3.00** A replay of Melbourne Demons v Collingwood Magpies.
4.30 **What I Wore** Mikel John Obi.
5.00 **WRC Review** Rally Paraguay.
6.00 **Porsche Supercup**
7.00 **T100 Triathlon World Tour**
8.00 **NWSL** Orlando Pride v Gotham. **9.00** Action from Kansas City Current v North Carolina Courage.
10.00 **TNT Sports Reload**
10.30 **Onboard** Ocean Race Europe
11.00 **SailGP – Racing on the Edge**
11.30 LIVE **CPL Trinbago Knight Riders v St Lucia Kings.** The T20 match staged at Brian Lara Cricket Academy in San Fernando, Trinidad and Tobago.
3.45 AM **TNT Sports Cricket Reload**
4.00 **WNBA** Valkyries v Mystics.
5.00 **to 6.00** AM **La Vuelta Men**

Premier Sports 1

419 551

6.00 AM **Transworld Sport**
7.00 **Top 14 Rugby Union Highlights**
8.00 **LaLiga Specials**
9.00 **Euro Le Mans Highlights**
10.00 **Football Highlights**
11.30 **NASCAR Highlights**
12.30 PM **Eredivisie Highlights**
1.30 **Motorsport** Valentino Rossi.
2.00 **LaLiga Match Highlights**
3.00 **Motorsport Highlights**
4.30 **Top 14 Rugby Union Highlights**
5.30 **World Surf League** US Open.
6.30 **LaLiga Specials**
7.30 **Motorsport** Le Mans 24 Hours.
8.00 **Scottish Football Social Club**
9.00 **LaLiga Match Highlights**
10.00 **Eredivisie Highlights**
11.00 **Michelin Le Mans Cup**
11.30 **LaLiga Match Highlights**
12.00 M'T **Transworld Sport**
1.00 AM **World Surf League**
2.00 **FIM Sidecarcross** From Latvia.
3.00 **DTM Highlights**
4.00 **Motorsport** Rally of the Lakes.
5.00 **to 6.00** AM **Karting**

Premier Sports 2

420 552

6.00 AM **United Rugby Championship** Leinster v Bulls.
8.00 **Argentine Primera** A chance to see Aldosivi v Boca Juniors. **10.00** River Plate v San Martin.
12.00 NOON **LaLiga Specials**
12.30 PM **FastZone** Motorsports action.
1.00 **SPFL** Dundee v Dundee United.
3.00 **LaLiga** Real Betis v Athletic Bilbao. **5.00** Rayo Vallecano v Barcelona.
7.00 **LaLiga Specials** Focusing on the top scorer in the 2024/25 season.
7.30 **Football's Greatest** Some of the finest football players in history discuss their careers.
8.00 **LaLiga** Alavés v Atlético Madrid. **10.00** Celta Vigo v Villarreal.
12.00 M'T **LaLiga Specials** The best saves from the 2024/25 season.
12.30 AM **FastZone** A weekly Motorsports highlights show.
1.00 **LaLiga Specials**
2.00 **NASCAR Trucks**
5.00 **FastZone** Motorsports highlights.
5.30 **to 6.00** AM **Bike World**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1** Italian Grand Prix.
1.00 PM **Carlos Sainz & the Lie Detector** With the Williams driver.
1.15 **Formula 1** Action from the 2020 Italian Grand Prix at Monza.
3.15 **Carlos Sainz & the Lie Detector**
3.30 **Formula 1** Italian Grand Prix.
5.35 **The Season So Far...**
5.45 **Formula 1** Italian Grand Prix.
7.45 **Alonso and Bortoleto IV**
8.00 **Formula 1** The 2020 Italian Grand Prix from Monza. **9.00** Italian Grand Prix in 2021. **10.00** Italian Grand Prix in 2022. **11.00** Italian Grand Prix in 2023.
12.00 M'T **Formula 1** Italian Grand Prix.
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Thursday

4 September

Evening Planner

Football

World Cup Qualifiers
BBC1, BBC3 & BBC iPlayer
Wales face Kazakhstan (BBC1, kick-off 3pm) and Northern Ireland travel to Luxembourg (BBC3, k-o 7.45pm).

Drama

Reality
Film4, 9pm
Fact-based drama starring Sydney Sweeney as a whistleblower who leaked classified information to the world's press.

American Football

NFL Kickoff Game
DAZN
The season starts with Super Bowl champions Philadelphia Eagles taking on Dallas Cowboys (kick-off 1.20am)

OnDemand

Paramount+

NCIS: Tony and Ziva
Available today
Spin-off series featuring *NCIS* characters Tony and Ziva as they're forced to go on the run in Europe.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 MasterChef		9.00 Stranded on Honeymoon Island		10.00 News; Local News	10.40 Tommy...
	102 BBC2	7.00 Celebrity Antiques Road Trip		8.00 Saving Lives at Sea		9.00 Nazis, U-Boats and the Battle for the...		10.00 Limbs in the...	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale		8.30 Tonight †	9.00 Long Lost Family: The Mother and...		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 The Dog House		9.00 24 Hours in A&E		10.00 Educating Yorkshire	
	105 5	7.00 Shetland: Scotland's Wondrous Isles		8.00 The Hotel Inspector		9.00 Ben Fogle: New Lives in the Wild		10.00 Fare Dodgers: At War with the Law	
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 Rob & Romesh vs Art		9.00 Atomic		10.00 Film: The Dry	
ENTERTAINMENT	115 BBC3	7.00 Horrible...	7.30 International Football – Live: Luxembourg v Northern Ireland (Kick-off 7.45)					10.00 Film: Atonement	
	116 BBC4	7.00 Planet Earth		8.00 Film: Some Like It Hot				10.00 Film: The Life and Death of Peter...	
	118 ITV2	7.00 Deal or No Deal		8.00 The 1% Club		9.00 Family Guy	9.30 Universal Basic...	10.00 Family Guy	
	136 MORE4	◂ 6.55 Location, Location, Location		7.55 Grand Designs		9.00 Night Coppers		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons		8.00 First Dates		9.00 Celebs Go Dating		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Equalizer		9.00 FBI		10.00 FBI: International	
	108 SKY ATLANTIC	◂ 6.50 Homicide: Life on the Street		7.55 Game of Thrones		9.00 Atomic		10.00 The Last of Us	
	110 U&GOLD	7.00 Dad's Army: The Lost...	7.40 Porridge		8.20 Blackadder II		9.40 Not Going Out		10.20 The Office
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.50 Heartbeat		8.00 Vera				10.00 Law & Order: UK	
	120 ITV4	◂ 6.55 The Chase Celebrity Special		8.00 Cycling: Tour of Britain Highlights		9.00 King of the Roads		10.00 Film: Lethal Weapon 4	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Jeff Dunham: Me the People		10.00 South Park	
	139 SKY SCI-FI	7.00 Primeval		8.00 Stargate Atlantis		9.00 The Ark		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 Rob & Romesh vs Art		9.00 Never Mind the Buzzcocks			10.40 From
	109 U&ALIBI	7.00 Body of Proof		8.00 Death in Paradise		9.00 Annika		10.00 Death in Paradise	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Discovering: Maggie Smith		9.00 The Directors		10.00 Chaplin: The Birth of the Tramp	
	132 U&W	7.00 MasterChef Australia			8.20 Simply Nigella	9.00 Stacey Dooley Sleeps Over		10.00 One Born Every Minute	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers: Dream Car		8.00 Roadworthy Rescues		9.00 In the Eye of the Storm		10.00 Marooned with Ed Stafford	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Alaska: Surviving the Last Frontier		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Inside Airport Lost & Found		9.00 Air Crash Investigation		10.00 Draining the Bermuda Triangle	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Swamp People: Serpent Invasion		9.00 Swamp Mysteries with Troy Landry		10.00 Alone	
	155 U&YESTERDAY	7.00 Australia with Simon Reeve		8.00 Bangers & Cash		9.00 Flipping Bangers		10.00 Bangers & Cash: Restoring Classics	
	121 SKY DOCS	7.00 Spector		8.00 The Yogurt Shop Murders					10.30 Kurt Cobain...
FILMS – Sky Cinema	301 PREMIERE	◂ 6.15 The Mountain		8.00 The Surfer			9.45 Restless		
	302 90s	◂ 5.50 The Mummy		8.00 Last Action Hero				10.15 Twister	
	303 HITS	◂ 6.00 Kingpin		8.00 Tropic Thunder				10.00 Napoleon Dynamite	
	304 GREATS	◂ 5.25 Scent of a Woman		8.00 Jerry Maguire					10.20 Meet Joe Black
	305 ANIMATION	◂ 5.50 Nut Job	7.20 Smurfs: The Lost Village			8.55 Captain Underpants			10.30 Hotel...
	306 BACK TO SCHOOL	◂ 6.00 The Tiger Rising	7.45 Big Fat Liar			9.15 The Polar Express			
	307 ACTION	◂ 5.05 Saving Private Ryan		8.00 Justice League				10.05 The Magnificent Seven	
	308 COMEDY	◂ 6.10 Twins		8.00 Anyone But You			9.50 Talladega Nights: The Ballad of Ricky Bobby		
	309 THRILLER	◂ 6.15 Last Seen Alive		8.00 Layer Cake			9.50 The Equalizer		
	310 DRAMA	◂ 6.00 Bob Marley: One Love		8.00 Lee				10.05 Darkest Hour	
	311 MONSTERS	◂ 6.30 Zombieland		8.00 Beetlejuice Beetlejuice				10.00 Kong: Skull Island	
	313 FILM4	◂ 6.45 Jumanji: Welcome to the Jungle				9.00 Reality			10.40 Man...
SPORT	401 MAIN EVENT	◂ 1.00 One-Day International Cricket – Live: England v South Africa				9.00 US Open Tennis – Live: Coverage of day 12 of the Grand Slam			
	402 PREMIER LEAGUE	7.00 Big Interview	7.30 PL Stories	8.00 Match Officials...	8.30 PL Review		9.30 Big Interview	10.00 PL Stories	10.30 Match Officials...
	403 FOOTBALL	7.00 EFL Goals	7.30 EFL Goals	8.15 SPFL Highlights	8.45 EFL Highlights			10.00 EFL Goals	
	405 CRICKET	◂ 12.30 One-Day International Cricket – Live: England v South Africa				9.00 Best of England v South Africa		10.00 One-Day International Cricket	
	410 TNT SPORTS 1	7.00 Serie A – Full...	7.30 MLB Highlights		8.30 MLB: Off the Bat	9.00 MLB – Live: Milwaukee Brewers v Philadelphia Phillies (Start-time 9.10)			
	411 TNT SPORTS 2	7.00 AFL			8.30 UEFA Champions League Greatest...		9.30 Hard Knocks		10.30 PL Big Interview

◂ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **The Moment of Proof** (S)(R)(AD)
11.15 **Homes Under the Hammer** New edition Featuring properties in Kent, Yorkshire and London. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Clean It, Fix It** Mark Wright and the team help dog walker Rachel to reclaim her house. (S)(R)
2.45 LIVE **Football: Match of the Day** Kazakhstan v Wales: Coverage this afternoon's World Cup Group J qualifier staged at Astana Arena, Kazakhstan. Kick-off is at 3.00. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.00 The One Show

7 PM

7.00 The One Show Alex Jones and Roman Kemp present the topical show. (S)
7.30 EastEnders More information comes to light about what has happened in Zoe's life since she has been away from Walford. (S)(AD)

8 PM

8.00 MasterChef New edition 14/24. The last group of competitors fight for one of the last three quarter-final places by taking on the Basic to Brilliant and Mystery Box challenges. (S)(AD)
■ Continues tomorrow

9 PM

9.00 Stranded on Honeymoon Island New edition 2/12. Three more couples get hitched on Honeymoon Island and leap into their stranded life together. Davina McCall hosts. (S)(AD)
■ Continues tomorrow

10 PM

10.00 BBC News (S)
10.30 Local News (S)
10.40 Tommy: The Good. The Bad. The Fury 5/6. Tommy heads to Budapest to close the deal for the fight, but there's a hitch. (S)(R)(AD)

11.10 **Tommy: The Good. The Bad. The Fury** 6/6. Tommy faces his comeback fight in Budapest, and the pressure is on. (S)(R)(AD)
11.40 FILM **The Lady in the Van** Comedy drama based on the true story of writer Alan Bennett's friendship with an eccentric homeless woman. Stars Maggie Smith and Alex Jennings. (S)(AD) (2015, 12, 100min) ★★★★
1.20 AM **Weather for the Week Ahead**
1.25 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.15 AM **Homes Under the Hammer** (R)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: Gardeners' World** (R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Bridge of Lies** Game show. (S)(R)
2.30 **The Tournament** Quiz. (S)(R)
3.15 **Escape to the Country** (S)(R)
4.15 **Yellowstone: The Wildest Winter** 1/3. Cameras follow the changing seasons at Yellowstone during 2016. (S)(R)(AD)
5.15 **Flog It!** Paul Martin hosts. (S)(R)
6.00 **Richard Osman's House of Games** With guests Radzi Chinyanganya, Janet Ellis, Darren Harriott and Suzi Ruffell. (S)(R)
6.30 **Great Coastal Railway Journeys** Michael Portillo visits an outdoor theatre built into a cliffside. (S)(R)

8.00 Saving Lives at Sea

7.00 Celebrity Antiques Road Trip *Coronation Street* actor Colson Smith and reality star Christine McGuinness tour Cheshire to find some profitable antiques, with the help of experts Irita Marriot and Hettie Jago. (S)(R)

8.00 Saving Lives at Sea New edition 6/10. In Portaferry, Northern Ireland, the crew face an increasingly urgent search for two kayakers who have been blown out to sea in 50mph winds. (S)(AD)

9.00 Nazis, U-Boats and the Battle for the Atlantic Series finale 2/2. The second of two documentaries about deep-sea divers searching for the wrecks of the German U-Boats that were taken to the north coast of Ireland. (S)(AD)

10.00 Limbs in the Loch: Catching a Killer New edition 4/6. Beggs hands himself into a police station in Amsterdam. (S)(AD)
10.30 Newsnight (S)

11.00 **ODI Cricket Highlights** England v South Africa: Action from the second match in the three-game series, held at Lord's. (S)
11.45 **Disaster at Sea: The Piper Alpha Story** 2/3. The fight for justice and accountability begins. (S)(R)(AD)
12.45 AM **Sign Zone: Miriam Margolyes Discovers New Zealand** (S)(R)(AD)
1.45 **Sign Zone: Saving Lives at Sea** (R)
2.45 **Sign Zone: The Great Art Fraud** The story of Inigo Philbrick. (S)(R)
3.45 **to 6.15** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and the team are in Cirencester, where one seller is hoping to get an offer from Jan Keyne for his French watch. (S)(R)
3.00 **Tenable** Five amateur dramatic enthusiasts take part in the quiz hosted by Warwick Davis. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Long Lost Family

7.30 Emmerdale Aaron is in danger, Charity and Tracy become emotional, while John feels jealous. (S)(AD)

8.30 Tonight: How to Keep Your Money Safe? New edition With more than six million people in the UK having low confidence when it comes to managing their money, Ruth Dodsworth investigates how to keep cash safe. (S)

9.00 Long Lost Family: The Mother and Baby Home Scandal Series finale 2/2. Siblings Viv and Julie continue their search for their older sister, while mother Margaret awaits their news. (S)(AD)

10.00 ITV News (S)
10.30 Local News (S)
10.45 FILM **The Taking of Pelham 123** Action thriller remake starring Denzel Washington and John Travolta. Four ruthless gunmen hijack a crowded New York subway train, leading to a battle of wits between the gang's leader and a train dispatcher. With John Turturro. (S)(AD) (2009, 15, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.30 AM **Teleshopping**
3.00 **Genius Game** Game show hosted by David Tennant. (S)(SL)(R)(AD)
4.00 **Unwind with ITV** (S)
5.10 **to 6.00** AM **Jimmy & Shivi's Farmhouse Breakfast** (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.30 AM **The King of Queens** (S)(R)(AD)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 18–21/24. (S1) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From Louisiana. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A search for a holiday home in St Lucia. (S)(R)
4.00 **Help! We Bought a Village** New edition In Normandy, Paul and Yip try to renovate a well. (S)
5.00 **Chateau DIY** Amy and Marc receive an award for their renovations. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** Sophie and Charlotte hunt for the perfect property for sunbathing and golf with two sisters. (S)(R)

8.00 The Dog House

7.00 News (S)

8.00 The Dog House New edition Fox the abandoned Pomeranian meets a family looking for the missing piece of their puzzle, while the Reverend Alex and Carrie are praying they can find a dog to fill their empty nest. (S)(AD)

9.00 24 Hours in A&E This edition focuses on the stories of patients who have proved an inspiration to their families, detailing how they have jointly faced major challenges. (S)(R)(AD)

10.00 Educating Yorkshire Documentary series following life at a secondary school in West Yorkshire. English teacher Mr Burton is now in charge, taking up the first headteacher position of his career. (S)(R)(AD)

11.05 **Gogglebox** Opinions on *Love is Blind* and *Boiling Point*. (S)(SL)(R)
12.05 AM **The Inheritance** 1–3/12. Triple bill of the reality game show, with Robert Rinder and Elizabeth Hurley. (S)(SL)(R)(AD)
2.50 **Ramsay's Kitchen Nightmares USA** From Nashville. (S)(SL)(R)
3.40 **Location, Location, Location** (R)
4.35 **Find It, Fix It, Flog It** (S)(R)
4.55 **George Clarke's Amazing Spaces**
5.50 **to 6.30** AM **Countdown** (S)(R)

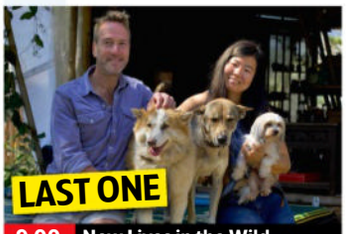
+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** Discussion. (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)
2.20 FILM **Inheritance Lost** Mystery drama starring Jodie Sweetin. (S) (2023, PG, 100min) ★★
4.00 **All Creatures Great and Small** *What a Balls Up!* 4/7. James is finally succeeding with the farmers' uptake of the TB testing scheme. (S3) (S)(R)(AD)
5.00 **News** (S)
6.00 **Bargain-Loving Brits in the Sun** Sisters Annabelle and Amelia put on a fashion show at their boutique. (S)(R)(AD)
6.55 **News** (S)



9.00 New Lives in the Wild

7.00 **Shetland: Scotland's Wondrous Isles** 2/5. Lifelong crofter Pearl prepares for the highlight of her year – the annual harvest festival. (S)(R)
7.55 **News** (S)
8.00 **The Hotel Inspector** New edition 7/8. On the edge of the Wye Valley in Gloucestershire, Alex Polizzi checks into the Farmer's Boy Inn, where a pie obsession runs deep. *Previously scheduled for 28 August.* (S)
9.00 **Ben Fogle: New Lives in the Wild** Series finale 3/3. In northern Thailand, Ben reconnects with Yidan, who left urban life in China to start a farm nearly four years ago. *Previously scheduled for 28 August.* (S)
10.00 **Fare Dodgers: At War with the Law** Revenue protection manager Chris co-ordinates a major operation to clamp down on fare evasion at Clapham station. (S)(R)
11.05 **Motorway Cops: Catching Britain's Speeders** (S)(R)
12.05 AM **Street Cops: Catching the Yobs** Documentary. (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **The World's Most Expensive Hotels** Behind the scenes at the Peninsula Hong Kong. (S)(R)
3.50 **Friends** (S1) (S)(R)(AD)
4.40 **The QE2** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)(AD)
9.00 **Stargate Atlantis** (S5) (S)(R)
11.00 **Big Cat Country** (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S2) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 14/22. (S6) (S)(R)(AD)
5.00 **The Simpsons** *Lisa's Belly:* Lisa becomes insecure about her weight. (S)(R) **5.30** *The Last Temptation of Krust:* Krusty decides it's time to spice up his act. (S)(R) **6.00** *A Serious Flanders – Part One:* A ruthless debt collector comes to Springfield. (S)(R) **6.30** *A Serious Flanders – Part Two:* Ned worries that the debt collectors will kill Homer if they do not get their money. (S)(R)

9.00 Atomic

7.00 **The Office (US)** *The Secret:* 13/22. Jim regrets telling Michael about his feelings for Pam. (S)(R) **7.30** *The Carpet:* 14/22. Michael reminisces about his pre-management days as a prankster. (S2) (S)(R)
8.00 **Rob & Romesh vs Art** Rob Beckett and Romesh Ranganathan delve into the world of art and create some exhibitions for the famous Saatchi Gallery. (S)(R)(AD)
9.00 **Atomic** New episode *The End of Days:* 3/5. Max and JJ are forced to try to secure a safe passage to Marrakech through Syria, a country that hides a troubled past for one of them. (S1) (S)
10.00 FILM **The Dry** Crime drama starring Eric Bana. A federal agent returns to his drought-stricken home town to attend a funeral, but his arrival opens up a decades-old wound. (S)(AD) (2020, 15, 117min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.15 AM **Curb Your Enthusiasm** 5/10. Larry clashes with David Schwimmer. (S)(R) **12.55** 6/10. Larry gets into trouble after obtaining marijuana for his father. (S4) (S)(R)
1.35 **Sex and the City** (S1) (S)(R)
2.10 **Road Wars** (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 14/22. (S6) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.15am Bargain Hunt (S)(R)(AD) **12.00noon-1.00pm** First Minister's Questions (S) **11.40pm** Scotcast (S)(R) **12.10am** FILM The Lady in the Van (S)(AD) (2015, 12, 100min) ★★★★ **1.50** Weather for the Week Ahead **1.55-6.00am** BBC News

N. IRELAND
Sky 966, Virgin 863, Freesat 966
7.30-10.00pm LIVE International Football (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Scrum V: The Warm Up (S) **11.10** Tommy: The Good. The Bad. The Fury (S)(R)(AD) **12.10am** FILM The Lady in the Van: As Scotland. **1.50-6.00am** BBC News

BBC2

N. IRELAND
Sky 969, Freesat 969
7.00pm Paula McIntyre's Hamely Kitchen USA (S)(R) **7.30** EastEnders (S)(AD) **8.00** MasterChef New edition (S)(AD) **9.00-10.00** Stranded on Honeymoon Island New edition (S)(AD) **11.00** Nazis, U-Boats and the Battle for the Atlantic (S)(R)(AD) **12.00m't-12.45am** ODI Cricket Highlights (S)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Colleen Ramsey: Bywyd a Bwyd **12.30** Heno **1.00** Ralio: Pencampwriaeth Rali'r Byd – Paraguay **1.30** Prynhawn Da New edition **2.25** Newyddion a'r Tywydd **2.30** LIVE Sgorio Rhyngwladol **5.15** Larfa **5.20** Chwarter Call **5.35** Mabinogi-ogi (AD) **6.00** Busnes Bwyd **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Gwladfa: Gwilym Bowen Rhys **8.55** Newyddion a'r Tywydd **9.00** Cofio New edition **9.30** Iolo a Dewi: Y Tad a'r Mab a Zambia **10.30-11.35pm** Y Llinell Las (AD)

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Horrible Histories** A strange Stuart doctor sleeps during a battle.
7.25 **The Catch Up**
7.30 LIVE **International Football** Luxembourg v Northern Ireland: All the action from both teams' opening Group A FIFA World Cup qualifier, held at Stade de Luxembourg. Kick-off is at 7.45.
10.00 FILM **Atonement** Romantic drama based on Ian McEwan's novel, starring Keira Knightley and James McAvoy. In 1935, a 13-year-old girl falsely accuses her older sister's boyfriend of rape and sets a series of events in motion that will change their lives for ever. (2007, 15, 118min) ★★★★
11.50 **Tommy: The Good. The Bad. The Fury**
12.50 AM **The Fast and the Farmer-ish** The Welsh heat.
1.20 **Fresh Cops** Triple bill.
2.50 **Laugh Lessons** Sketches.
2.55 **to 4.00** AM **Tommy: The Good. The Bad. The Fury**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Planet Earth** Wildlife found in tropical rainforests.
8.00 FILM **Some Like It Hot** Billy Wilder's comedy with Tony Curtis, Jack Lemmon and Marilyn Monroe. Two musicians go on the run from gangsters and find work disguised as women in an all-girl jazz band. (1959, b/w, U, 122min) ★★★★★
10.00 FILM **The Life and Death of Peter Sellers** Offbeat biopic starring Geoffrey Rush as legendary British comic Peter Sellers, following his rise from radio performer in 1950s Britain to Hollywood movie star in the 1960s and 1970s, and exploring the torments that blighted his private life. With Charlize Theron and Emily Watson. (2004, 15, 127min) ★★★★
11.55 FILM **Citizen Kane** Orson Welles's vintage drama. (1941, b/w, U, 119min) ★★★★★
1.55 AM **I Am Martin Parr**
3.00 **to 3.55** AM **Martin Parr: Think of England – Modern Times**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
10.30 **A Place in the Sun: Home or Away**
11.35 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions of the culinary contest from south London.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.55 **Location, Location, Location** House-hunting in Northern Ireland. **6.55** Two couples look for homes in Hertfordshire.
7.55 **Grand Designs** Kevin McCloud follows the progress of teacher Michele and architect Michael, who are planning to transform a 100-year-old blacksmith's forge in Co Antrim.
9.00 **Night Coppers** Officer Phil scours the city for a suspect who has violently thrown a victim out of a vehicle, while Leanne races against time to find someone who is suicidal.
10.00 **24 Hours in A&E** The team treat a 78-year-old man who suffered a cardiac arrest at the gym, and a 23-year-old paramedic is sent for an emergency CT scan.
11.05 **Emergency Helicopter Medics** Documentary.
12.05 AM **The Good Doctor**
1.05 **24 Hours in A&E**
2.10 **Night Coppers**
3.15 **to 3.45** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **Brooklyn Nine-Nine**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** 19-22/24. (S4)
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons**
7.00 **The Simpsons** *Dangerous Curves:* Homer and Marge look back at the ups and downs of their marriage. **7.30** *The Monkey Suit:* Lisa defies a new ruling that bans the teaching of evolution.
8.00 **First Dates** A beauty queen bricklayer goes looking for love with a bar manager.
9.00 **Celebs Go Dating** New edition Louis explains why he dated both girls.
10.00 **Gogglebox** Opinions on *First Dates* and *The Undoing*.
11.05 **First Dates**
12.05 AM **The Big Bang Theory**
1.05 **The Simpsons**
1.40 **Rick and Morty**
2.05 **Mike Tyson Mysteries** New episodes (S4)
2.35 **Celebs Go Dating**
3.25 **Gogglebox**
4.20 **Young Sheldon**
5.05 **to 6.00** AM **Modern Family**

+1 hr 235/236 306 30 123 256

Thursday primetime primetime

THURSDAY Entertainment

Thursday

Sky Witness

107 107 110 341 356

6.00 AM **Motorway Patrol**
7.00 **Border Security: America's Front Line** Double bill.
8.00 **Border Patrol**
9.00 **UK Border Force**
10.00 **Brit Cops: Law & Disorder**
11.00 **Bondi Rescue**
12.00 NOON **FBI** 11/22. (S5)
1.00 PM **FBI: International** 10/22. A US player from a Lithuanian basketball team goes into cardiac arrest. (S2)
2.00 **FBI: Most Wanted** (S4)
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**

9.00 FBI

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **The Equalizer** *Boom:* 1/18. Those closest to McCall must come together for the first time to save her. (S3)

9 PM
9.00 **FBI** New episode *Pledges:* 5/22. When a chaotic campus protest turns deadly, the team help to quell the mayhem. (S7)

10 PM
10.00 **FBI: International** New episode *The Future's Looking Bright:* 5/22. An American man is kidnapped in Poland. (S4)
11.00 **Bull** 14/22. Bull helps an agoraphobic client. (S6)
12.00 M'T **New Amsterdam** (S5)
1.00 AM **Chicago Med** New episode
2.00 **Chicago Fire** New episode
3.00 **Chicago PD** New episode
4.00 **Send in the Dogs**
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
7.00 **Fish Town**
8.00 **True Blood** 1&2/10. (S6)
10.10 **Westworld** 7&8/10. (S1)
12.20 PM **Game of Thrones** (S2)
1.20 **Das Boot** 3&4/8. (S1)
3.35 **True Blood** 3/10. Sookie learns why Warlow is after her. **4.40** 4/10. Andy's daughters keep dangerous company. (S6)
5.45 **Homicide: Life on the Street** 7/9. A Chinese political refugee is murdered. **6.50** 8/9. Bolander investigates a death. (S1)

10.00 The Last of Us

7.55 **Game of Thrones** *Garden of Bones:* 4/10. Tyrion struggles to find a way to curb Joffrey's excesses, and Daenerys arrives at the walled city of Qarth. (S2)

9.00 **Atomic** New episode *The End of Days:* 3/5. Max and JJ are forced to try to secure safe passage to Marrakech. (S1)

10.00 **The Last of Us** *Infected:* 2/9. Joel and Tess clash over Ellie's fate while on their way to meet with a group of Fireflies. (S1)
11.05 **True Detective** 8/8. Caspere's killer is revealed. (S2)
12.40 AM **Julia** 5/8. The cook discovers she has a significant fanbase in San Francisco. (S1)
1.45 **Dexter: New Blood** 4/10. (S1)
2.50 **Game of Thrones** As 7.55pm.
4.00 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S2)
8.00 **The Blacklist** 11/22. (S9)
9.00 **Stargate Atlantis** (S5)
11.00 **SEAL Team** 6/20. (S3)
12.00 NOON **The Blacklist** (S9)
1.00 PM **Hawaii Five-0** (S2)
3.00 **NCIS: Los Angeles** (S14)
4.00 **S.W.A.T.** 14/22. The unit team up with Major Crimes for a high-stakes mission. (S6)
5.00 **SEAL Team** 5/20. Jason must select a new candidate to join the team. (S3)
6.00 **Stargate Atlantis** 3/20. Ronon is captured by Tyre. (S5)

5.00 SEAL Team

7.00 **Stargate Atlantis** *The Daedalus Variations:* 4/20. A copy of the *Daedalus* appears in orbit over the Atlantis. (S5)

8.00 **Rob & Romesh vs Art** Rob and Romesh delve into the world of art and create exhibitions for the famous Saatchi Gallery.

9.00 **Never Mind the Buzzcocks** With guests Nile Rodgers, Russell Howard and Mae Muller. **9.50** Roisin Conaty, ArrDee and James Bay join the regulars.
10.40 **From** *Choosing Day:* 3/10. The Matthews family must choose which of the two settlements to join. (S1)
11.50 **The Force: North East**
2.00 AM **NEW SERIES The Paper** 1-4/10. Spin-off comedy from *The Office (US)*, starring Domhnall Gleeson. (S1)
4.00 **Peacemaker** New episode 3/8. Superhero action comedy starring John Cena. (S2)
4.50 **to 6.00** AM **S.W.A.T.**

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.40 **Billie and Greg**
9.35 **The Only Way Is Essex**
10.15 **Real Housewives of Potomac**
11.10 **Real Housewives of New...**
12.00 NOON **Buying the View**
12.30 PM **Billie and Greg**
1.30 **The Only Way Is Essex**
2.35 **The Bachelor Australia** New edition Reality series.
4.05 **Real Housewives of Potomac**
5.00 **Real Housewives of New Jersey** Reality series.
6.00 **Celebrity Catchphrase**

8.00 The 1% Club

7.00 **Deal or No Deal** Stephen Mulhern hosts as a contestant takes on the Banker for the chance to win life-changing cash.

8.00 **The 1% Club** Quiz show hosted by comedian Lee Mack in which the questions are all about logic and common sense.

9.00 **Family Guy** 7/20. (S18)
9.30 **Universal Basic Guys** New episode *Sunset Cruise:* 2/13. David and his wife go on a cruise. (S1)

10.00 **Family Guy** 6/23. Lois prepares a Thanksgiving meal for friends. (S10) **10.30** 20/20. Brian runs for mayor. (S17)
11.00 **Family Guy** 1/20. (S18)
11.30 **American Dad!** (S13)
12.35 AM **Bob's Burgers** 9/22. (S9)
1.05 **Olivia Attwood's Bad Boyfriends** Reality series.
2.05 **Karaoke Club: Drag Edition**
3.00 **Teleshopping**
4.00 **to 4.30** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.05 **Doc Martin** 5&6/6. (S1)
10.15 **The Royal**
11.20 **Heartbeat** Double bill.
1.30 PM **Classic Emmerdale**
2.30 **Classic Coronation Street**
3.35 **Doc Martin** 1/9. A mugger strikes in the village. **4.40** 2/9. Louisa has a chance of promotion. (S2)
5.45 **Heartbeat** *Pat-a-Cake:* Greengrass takes on more than he can handle in the form of a furry house guest.

8.00 Vera

6.50 **Heartbeat** *Easy Rider:* A cyclist dies in strange circumstances and the incident coincides with a slew of UFO sightings.

8.00 **Vera** *Tuesday's Child:* The detective investigates the discovery of a homeless young man's body in an area notorious for illicit teenage gatherings, and tries to discover how he ended up on the streets.

10.00 **Law & Order: UK** *The Wrong Man:* 1/6. Brooks and Devlin investigate a hospital department where three patients have died in suspicious circumstances. (S5)
11.00 **Law & Order: UK** 2/6. A toddler goes missing from a merry-go-round. (S5)
12.00 M'T **Professor T** 3/6. (S3)
1.00 AM **The Tower** 4/4. (S2)
2.00 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Scotland's Greatest Escape** Perth & Kinross.
8.00 **Beechgrove Garden** New edition Calum Clunie and George Anderson dig up this year's main potato crop.
8.30 **Jules and Greg's Wild Swim** Julie Wilson Nimmo and Greg Hemphill head to the lochs of the Highlands.
9.00 **Facelift** 3/4. Darren and Tom welcome the arrival of their baby girl.
10.00 **Two Doors Down** 4/6. Ian and Gordon arrange a Father's Day treat. (S7)
10.30 **The Big Scottish Book Club** New edition 2/3. With Brian Cox, Rachel Kushner, Tash Aw and Nicola Sturgeon.
11.00 **Scotcast** New edition
11.30 PM **to 12.00** M'T **Scot Squad** 5/6. (S4)

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **The Conners** (S3)
10.00 **Sex and the City** (S3)
11.20 **Girls** 3&4/10. (S1)
12.30 PM **The Office (US)**
1.30 **The Conners** (S4)
2.30 **The Office (US)** (S2)
3.30 **Will & Grace** (S2)
4.30 **Sex and the City**
5.45 **The Office (US)** (S2)
6.45 **Will & Grace** (S2)
7.45 **Sex and the City** 2/18. Carrie is asked to model in a fashion show. **8.25** 3/18. Carrie becomes attracted to a jazz club owner. (S4)
9.00 **Tracey Ullman: Live & Exposed** The actor and comedian takes to the stage in Los Angeles.
10.30 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
11.30 **And Just Like That...**
12.15 AM **Entourage** (S3)
12.55 **Veep** 7&8/10. (S5)
2.15 **Curb Your Enthusiasm**
3.35 **to 5.00** AM **Barry**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **La Traviata**
8.05 **The Joy of Painting**
9.05 **Tales of the Unexpected**
10.05 **Hitchcock Presents**
11.05 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Sci-Fi in the Atomic Age**
3.00 **Cold War & Cinema**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Discovering**
9.00 **The Directors**
10.00 **Chaplin: The Birth of the Tramp** Documentary.
11.15 **The Art of Film**
12.15 AM **David Baddiel: The Not the Trilogy – Trolls: Not the Dolls**
1.35 **Harder Than the Rock: The Cimarons Story**
3.35 **Arts Uncovered**
3.45 **The Art of Collecting**
4.45 **to 6.00** AM **National Trust: National Treasures**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S7)
6.00 **Star Trek: Voyager**
7.00 **Star Trek: The Next Generation** (S2)
8.00 **Star Trek: Deep Space Nine** 6/26. (S4)
9.00 **Britain's Most Evil Killers** A look at the crimes of Maria Pearson.
10.00 **The Real Manhunter**
11.00 **Grimm** 8/13. (S6)
12.00 M'T **Killer in My Village**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Beat the Chasers**
3.00 **Tenable** Double bill.
5.00 **Deal or No Deal**
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Ellie joins Stephen Mulhern and gets her chance to open the iconic red boxes.
9.00 **Ant & Dec's Limitless Win** Jackpot quiz, with sisters Tina and Tracy the first to take on the Limitless Ladder, followed by childhood sweethearts Bianca and Ky.
10.00 **Tipping Point** Triple bill of the arcade-themed game show in which contestants drop tokens down a choice of four chutes in the hope of winning £10,000.
12.50 AM **Ant & Dec's Limitless Win**
1.45 **to 2.00** AM **Unwind**

Great! TV

157 167 170 34 32

8.00 AM **Diagnosis Murder**
10.00 **Little House on the Prairie** 7&8/24. (S4)
12.00 NOON **Highway to Heaven** 14/24. (S2)
1.00 PM **Diagnosis Murder**
3.00 **Murder, She Wrote**
4.00 **Danielle Steel's Once in a Lifetime** Drama.
6.00 **Rumpole of the Bailey**
7.00 **Rising Damp** 1/7. (S1)
7.30 **Man About the House**
8.00 **A Fine Romance** (S1)
8.30 **Home to Roost** 1/7. (S1)
9.00 **FILM Carry On Nurse** Vintage comedy. (1959, PG, 85min) ★★★
10.55 **Rising Damp** 1/7. (S1)
11.25 **Man About the House**
11.55 **M*A*S*H** (S10)
12.55 AM **Home to Roost** (S1)
1.25 **A Fine Romance** (S1)
2.05 **Danielle Steel's Once in a Lifetime** Drama.
3.35 **M*A*S*H** 16/20. (S9)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **Good News from Great! Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Saint**
7.00 **Kojak** Double bill.
9.00 **Magnum, PI**
10.05 **The Protectors**
10.35 **Ligue 1 Highlights**
11.10 LIVE **Cycling: Tour of Britain** Coverage of stage three, a 132.7km route from Milton Keynes to Ampthill. This is the race's first visit of Milton Keynes since 2008 and maiden trip to Central Bedfordshire.
3.30 PM **The Best of the 70s**
3.45 **Magnum, PI** Double bill.
5.50 **The Saint**

6.55 The Chase Celebrity

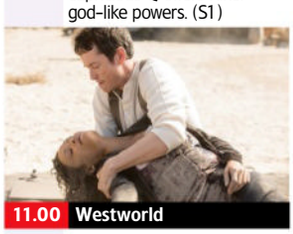
6.55 **The Chase Celebrity Special** Jon Sopel, Maisie Summers-Newton, Perri Shakes-Drayton and Brian Conley take part.
8.00 **Cycling: Tour of Britain Highlights** Action from stage three, a 132.7km route from Milton Keynes to Ampthill.
9.00 **King of the Roads** Action from the Monterey Motorsport Reunion at WeatherTech Raceway Laguna Seca in California.
10.00 FILM **Lethal Weapon 4** Action comedy thriller sequel starring Mel Gibson and Danny Glover. The LA cop duo tangle with a gangster from the Hong Kong underworld. (1998, 15, 128min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
12.25 AM FILM **Starship Troopers** Paul Verhoeven's sci-fi war drama. (1997, 18, 129min) ★★
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted US**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 10/26. (S1)
12.00 NOON **Star Trek: Enterprise**
1.00 PM **Star Trek: Deep Space Nine** 18/20. (S1)
2.00 **Primeval** 2/7. (S4)
3.00 **Star Trek: Enterprise** (S1)
4.00 **Stargate Atlantis** 2/20. (S4)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 10/26. The capricious Q offers Riker god-like powers. (S1)

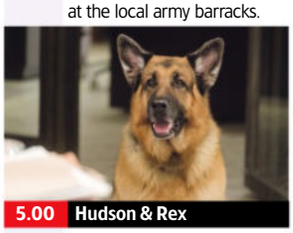

11.00 Westworld

7.00 **Primeval** 2/7. Connor and an old friend encounter a creature terrorising the docks and finds evidence of a fresh kill. (S4)
8.00 **Stargate Atlantis** *Lifeline:* 2/20. Sheppard plans a mission to obtain a power source for Atlantis from the Replicator city. (S4)
9.00 **The Ark** *We Weren't Supposed to Be Awake:* 4/12. The crew experience a series of extreme hallucinations. (S1)
10.00 **The Walking Dead** *Lockdown:* 17/24. Pamela deals with protesters demanding justice for Sebastian's crimes. (S11)
11.00 **Westworld** 7/10. Maeve is faced with a scene from her past, and Bernard meets an unexpected old friend. **12.00** M'T 8/10. Maeve's life hangs in the balance. (S2)
1.00 AM **True Blood** 7&8/10. Double bill of episodes. (S6)
3.00 **Primeval** As 7.00pm.
4.00 **to 6.00** AM **Most Haunted US**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S12)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 9/23. (S2)
11.00 **Hudson & Rex** 2/16. (S6)
12.00 NOON **Body of Proof** (S1)
1.00 PM **Death in Paradise** (S7)
2.00 **Murdoch Mysteries** (S12)
4.00 **The Mentalist** 9/23. (S2)
5.00 **Hudson & Rex** 2/16. A pair of armed robbers rip through St John's. (S6)
6.00 **Father Brown** *The Sign of the Broken Sword:* The priest looks into a murder committed at the local army barracks.


5.00 Hudson & Rex

7.00 **Body of Proof** *Talking Heads:* 4/9. Megan tries to identify a murder victim from body parts found by a homeless man. (S1)
8.00 **Death in Paradise** *Written in Murder:* 3/8. A famous writer is stabbed through the heart. Guest stars Simon Callow. (S7)
9.00 **Annika** 5/6. The DI is tasked with solving the murder of a man who was thrown in the river from a party boat. (S1)
10.00 **Death in Paradise** *Death of a Pawn:* 8/9. The team investigate when a prestigious chess match ends in murder. (S11)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **White Collar** 10/16. Burke is framed for the attempted murder of Mozzie. (S2)
1.00 AM **Death in Paradise** As shown at 8.00pm.
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.25 AM **Don't Wait Up**
8.05 **Keeping Up Appearances**
8.40 **Last of the Summer Wine**
10.00 **Are You Being Served?**
10.40 **Porridge**
11.15 **Last of the Summer Wine**
12.35 PM **Don't Wait Up**
1.10 **Keeping Up Appearances**
1.50 **Dad's Army**
2.30 **Porridge**
3.05 **Last of the Summer Wine**
4.20 **Don't Wait Up**
5.00 **Blackadder II**
6.20 **Are You Being Served?**

7.00 Dad's Army: The Lost...

7.00 **Dad's Army: The Lost Episodes** Walker is called up for the regular army.
7.40 **Porridge** The inmates stage a mock trial when they discover there is a thief in their midst.
8.20 **Blackadder II** Edmund is challenged to a drinking contest by Lord Melchett.
9.00 **Blackadder II** Edmund and Lord Melchett are kidnapped by a master of disguise. With Hugh Laurie.
9.40 **Not Going Out** Lucy announces that she plans to marry a mechanic.
10.20 **The Office** David invites the new secretary to a night out in Slough.
11.00 **Mrs Brown's Boys**
11.40 **Blackadder II**
1.00 AM **The Thin Blue Line**
1.40 **Not Going Out**
2.25 **Mrs Brown's Boys**
3.00 **The Office**
3.30 **to 4.00** AM **The Thin Blue Line**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Pointless** Quiz show.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Railroad Australia**
12.00 NOON **Storage Hunters UK**
2.00 PM **Railroad Australia**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Long Weekends** The seafood chef samples the local cuisine of Vienna.
6.00 **Hairy Bikers' Best of British** Si King and Dave Myers create puddings and explore the history and traditions behind Britain's favourite desserts.

7.00 Would I Lie to You?

7.00 **Would I Lie to You?** With guests Dion Dublin, Bob Mortimer, Debbie McGee and Lucy Porter.
7.40 **Richard Osman's House of Games** With Gemma Cairney and Gabby Logan. **8.20** With David Baddiel, Charlotte Hawkins, Sophie Duker and Alex Brooker.
9.00 **QI XL** Guests Jo Brand, John Sessions and Dara O Briain join regular panellist Alan Davies and host Stephen Fry.
10.00 **Have I Got a Bit More News for You** Alex Horne hosts, with Carol Vorderman and Jack Dee.
11.00 **Taskmaster**
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You? The Unseen Bits**
1.20 **Would I Lie to You?**
1.55 **Dave Gorman: Modern Life Is Goodish**
2.45 **to 4.00** AM **Richard Osman's House of Games**

+1 hour 211/212 327 74 259

Thursday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Jamie: Eat Yourself Healthy** Jamie Oliver serves up meals packed with vitamins and fibre.
8.00 **Kirstie and Phil's Love It or List It: Brilliant Builds** A project that was dealt a huge curveball.
9.00 **The Great British Bake Off** A fresh batch of bakers make fondant fancies and Swiss rolls.
10.35 **The Jury Australia: Death on the Staircase** A re-enactment of a real manslaughter trial. **11.55** The jury are presented with evidence from a neighbour.
1.05 AM **The Jury Australia: Death on the Staircase**
4.25 **to 4.55** AM **Four in a Bed**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 2-4/24. (S8)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *One Last Score:* 17/24. The agents learn one of their former assistants has been killed. **7.00** *Out of the Frying Pan:* 18/24. Gibbs interrogates a man accused of murder. **8.00** *Tell-All:* 19/24. A Marine connected to a disappearance is murdered. (S8)
9.00 **Blue Bloods** *No Retreat No Surrender:* 20/22. A witness in an old case asks Erin for help. (S7)
10.00 **Law & Order: Special Victims Unit** *Flight Risk:* 11/24. A pilot hijacks a commercial plane. (S19)
11.00 **Law & Order: Special Victims Unit** (S19&18)
1.50 AM **Person of Interest**
2.45 **Criminal Minds** (S12)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **A&E After Dark** A man is brought in after punching through a pub window.
10.00 **Ambulance: Code Red** A critical care team are called to a road traffic accident.
11.00 **Skin A&E** Documentary.
12.00 M'T **The Hospital: Life on the Line**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **The Resident** New episodes (S6)
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Outback Truckers**
10.00 **Trucking Hell**
11.00 **Traffic Cops**
12.00 NOON **Police Interceptors**
2.00 PM FILM **Lust for Gold** Western with Glenn Ford and Ida Lupino. (1949, b/w, PG, 90min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** A driver refuses to stop.
9.00 **Mud Mountain Haulers** New edition Craig's new driver must prove himself on Mud Mountain.
10.00 **Outback Truckers**
11.00 **MacGyver** 3/23. (S2)
12.00 M'T **La Brea** New episode 4/14. (S2)
1.00 AM **Coastguard: Search & Rescue SOS**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **One Born Every Minute** Documentary.
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition Online superstar Andy Cooks – chef Andy Hearnden – sets two viral challenges.
8.20 **Simply Nigella** Dishes combining the familiar and the new.
9.00 **Stacey Dooley Sleeps Over** 2/3. Stacey meets Barrie Drewitt-Barlow, an outspoken supporter of commercial surrogacy.
10.00 **One Born Every Minute**
11.00 **Emergency: First Time Medics** Double bill.
1.00 AM **Interior Design Masters with Alan Carr**
2.15 **to 3.00** AM **Amanda & Alan's Italian Job**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **Soldier, Soldier**
8.30 **Doctors**
9.50 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
1.00 PM **Classic EastEnders**
2.20 **Soldier, Soldier**
3.20 **The Doctor Blake Mysteries** 1/10. (S5)
4.20 **London's Burning**
5.20 **'Allo 'Allo!**
6.00 **Waiting for God**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Signora Volpe** *Secrets and Sacrifices:* 2/3. Now settled in Italy, Sylvia helps out on an archaeological dig, and finds a skeleton buried in a shallow grave. (S1)
10.00 **New Tricks**
11.20 **Spooks** 6/10. (S6)
12.35 AM **Lovejoy**
1.35 **'Allo 'Allo!**
2.20 **Waiting for God**
2.55 **to 4.00** AM **Sister Boniface Mysteries**

+1 hr 243 316 60 260

THURSDAY Entertainment

Really
142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** Pembrokeshire.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
9.00 **Ghost Adventures: House Calls** New edition Zak dispatches his team to assist a gentleman claiming to be assaulted by a dark force in his rural Oklahoma home.
10.00 NEW SERIES **My Haunted Hometown** In three different towns across the United States, tortured spirits relentlessly haunt those who can see them.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase** Quiz show.
12.00 NOON **Who Wants to Be a Millionaire? Celebrity Special**
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
5.00 **The Bidding Room**
7.00 **The Chase Celebrity Special** With Phil Tufnell, Jennie Bond, Ulrika Jonsson and Laurence Llewelyn-Bowen.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Who Wants to Be a Millionaire? Celebrity Special** Double bill.
12.00 M'T **Bullseye** Double bill of the darts-based quiz.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

Great! Action
323 319 426 42 33

9.10 AM **Wanted: Dead or Alive** Western.
9.50 **FILM Hell and High Water** Thriller. (1954, PG, 103min) ★★★
12.00 NOON **Tombstone Territory** Double bill.
1.00 PM **FILM Buchanan Rides Alone** Western. (1958, U, 78min) ★★
3.00 **Wanted: Dead or Alive**
4.00 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!** (S1)
7.00 **The Avengers** (S4)
8.00 **The New Avengers**
9.00 **FILM Rambo** Action drama sequel starring Sylvester Stallone. (2008, 18, 90min) ★★★
10.55 **FILM Escape Plan 2: Hades** Thriller sequel. (2018, 15, 96min) ★★
12.55 AM **The Avengers**
2.55 **Cops Uncut**
4.10 **to 5.40** AM **FILM Collision Earth** Drama. (2020, 12, 90min) ★
+1hour 324

Great! Mystery NEW CHANNEL
321 318 425 50 48

8.00 AM **FILM Brace for Impact** As 11.15pm.
10.00 **Sue Thomas: F.B.Eye**
12.00 NOON **FILM Garage Sale Mystery** Drama. (2013, PG, 90min) ★★
1.55 PM **FILM Garage Sale Mysteries: All That Glitters** Crime thriller. (2014, PG, 87min) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 1/10. (S1)
8.00 **Unforgettable** (S1)
9.00 **Ruth Rendell Mysteries: Road Rage**
11.15 **FILM Brace for Impact** Thriller starring Kerry Condon and Ennis Esmer. (2016, PG, 90min) ★★
1.15 AM **FILM Live Once, Die Twice** Thriller. (2006, 12, 90min) ★★
2.50 **FILM A Mother Betrayed** Thriller. (2015, PG, 85min) ★★
4.25 **to 4.50** AM **Police Ten 7**
+1hour 322

Great! Christmas
319 317 424 52 47

8.00 AM **FILM Laughing All the Way** (2023, PG) ★★
10.10 **FILM A Joyous Christmas** (2017, U) ★★
12.10 PM **FILM Christmas at Holly Lodge** (2017) ★★
2.00 **FILM A Date by Christmas Eve** Comedy. (2019, PG, 93min) ★★
4.10 **FILM A Storybook Christmas** (2019) ★★
6.10 **FILM A Candlelit Christmas** Romance. (2022, PG, 90min) ★★
8.00 **FILM Christmas at Plumhill Manor** Drama. (2024, PG, 85min) ★★
9.55 **FILM A Royal Christmas Ball** Drama. (2017, PG, 86min) ★★
11.50 **FILM Cupid for Christmas** Fantasy. (2021, PG, 90min) ★★
1.45 AM **FILM Christmas with a Prince: The Royal Baby** (2022, U) ★★
3.15 **to 4.50** AM **FILM A Date by Christmas Eve**
+1hour 320

Rewind TV
182 81 141

6.00 AM **Highlights**
10.00 **Bewitched** (S1)
10.30 **You're Only Young Twice**
11.00 **I Dream of Jeannie**
11.30 **Jokers Wild**
12.00 NOON **Please Sir!** (S3)
12.30 PM **Don't Drink the...**
1.00 **FILM On the Beat** Comedy. (1962, U) ★★★
3.00 **Bramwell** 1/7. (S1)
4.00 **Born Free** 9/13. (S1)
5.00 **A Sharp Intake of Breath** 2/6. (S4)
5.30 **You're Only Young Twice**
6.00 **The Monkees** (S1)
6.30 **I Dream of Jeannie**
7.00 **Carry On Laughing** (S1)
7.30 **Don't Drink the Water**
8.00 **Jokers Wild**
8.30 **A Sharp Intake of...**
9.00 **Please Sir!** 7/14. (S3)
9.30 **Brass** 7/13. (S2)
10.00 **Game On** 6/6. (S3)
10.35 **Stereo Underground**
11.35 **The Monkees** (S1)
12.05 AM **FILM Chino** Western. (1975, 15, 96min) ★★★
2.05 **to 6.00** AM **Highlights**

DMAX
159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Maine Cabin Masters**
12.00 NOON **Alaskan Bush People** Documentary.
1.00 PM **Edge of Alaska**
3.00 **Alaska: Homestead Rescue** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** *Cornelia Marie's* crane comes off the rails, causing injury and damaging equipment. **8.00** Captain Sig is left behind awaiting news.
9.00 **Expedition From Hell: The Lost Tapes** Mickey loses his grip on the expedition.
10.00 **Expedition Unknown**
11.00 **Mysteries of the Deep**
12.00 M'T **Naked and Afraid XL** Double bill.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**
+1hour 259 369 153

Food Network
140/141 154 190 43 148 39

6.00 AM **Hairy Bikers Go North** North Yorkshire.
7.00 **The Pioneer Woman**
9.00 **Jamie's 15 Minute Meals**
10.00 **Hairy Bikers: Route 66**
11.00 **Great British Bake Off**
12.30 PM **30 Minute Meals**
1.00 **James Martin's Christmas Feasts**
1.30 **James Martin's Favourite Feasts**
2.00 **James Martin's French Adventure**
3.00 **The Pioneer Woman** **4.00** New editions
5.00 **Jamie's 15 Minute Meals**
6.00 **Hairy Bikers: Route 66**
7.00 **Great British Bake Off**
8.30 **30 Minute Meals**
9.00 **James Martin's Islands to Highlands**
10.00 **Adam Eats Britain**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1hour 240/241 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 18/24. (S8)
9.00 **The Fall Guy** 17/22. (S3)
10.00 **Charlie's Angels** (S1)
11.00 **FILM Eye of the Beast** Monster movie. (2007, 15, 90min) ★★
1.00 PM **FILM The Gambler** Musical drama. (1980, PG, 95min) ★★★
3.00 **FILM Gunfighters** Action Western. (1947, PG, 87min) ★★
5.00 **Star Trek** 8/30. (S1)
6.00 **Charlie's Angels** (S1)
7.00 **The Fall Guy** 18/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM Kickboxer** Thriller. (1989, 18, 105min) ★
11.00 **FILM Maximum Conviction** Thriller. (2012, 15, 93min) ★★
12.55 AM **FILM The Hard Way** Action comedy. (1991, 15, 111min) ★★★
3.05 **to 4.50** AM **FILM Curse of the Crimson Altar** Witchcraft horror thriller. (1968, 15, 87min) ★★

Legend Xtra
317 316 171 69 138 51

6.00 AM **Impact**
8.00 **FILM Independents' Day** Sci-fi adventure. (2016, 15, 91min) ★★
10.00 **Andromeda** 15/22. (S1)
11.00 **FILM Polar Storm** Sci-fi action thriller. (2009, PG, 92min) ★★
1.00 PM **FILM Triassic Hunt** Action adventure starring Michael Pare. (2021, 15, 86min) ★★
3.00 **Andromeda** 15/22. (S1)
4.00 **The A-Team** 10/13. (S5)
5.00 **Impact** Disaster drama.
7.00 **Andromeda** 16/22. (S1)
8.00 **The A-Team** 11/13. (S5)
9.00 **FILM The Power of One** Coming-of-age drama starring Stephen Dorff. (1991, 15, 127min) ★★
11.30 **FILM Sword of Vengeance** Adventure. (2014, 15, 83min) ★★
1.15 **to 3.00** AM **FILM The Abominable Snowman** Hammer Studios chiller. (1957, 12, 91min) ★★
+1hour 318 371 139

Blaze
164 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From Carlisle.
6.40 **Junk and Disorderly**
7.35 **Auction Hunters: Pawn Shop Edition**
8.00 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFO Hunters**
11.10 **Weird or What? With William Shatner**
12.10 PM **Mysteries from Above** Ocean mysteries.
1.05 **Pawn Stars**
2.05 **Junk and Disorderly**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFO Hunters**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **Ancient Aliens**
11.00 **UFOs: The Lost Evidence** Double bill.
1.00 AM **UFO Hunters**
2.00 **Ancient Aliens**
3.45 **Deep Water Salvage**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **Inside Windsor Castle: A Royal Residence** Double bill.
11.00 **Ben Fogle: New Lives in the Wild** New Zealand.
12.00 NOON **Elephant Hospital** Documentary.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
5.35 **The Yorkshire Vet**
6.00 **Inside Windsor Castle: A Royal Residence**
8.00 **Ben Fogle: New Lives in the Wild** Ben meets a former sports coach living in eastern Croatia.
9.00 **Princess Anne: The Royal Rule Breaker**
10.30 **Around the World by Train with Tony Robinson** In Thailand.
11.00 **Prisoner: Cell Block H**
1.00 AM **Dogs Behaving (Very) Badly**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home International**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **My Dream Derelict Home** From Stilton.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **My Dream Derelict Home** Property series.
9.00 **My Dream Derelict Home in the Sun**
10.00 **The Flipping El Moussas** New edition Tarek and Heather El Moussa receive a seemingly hot tip on a potential flip in La Palma.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**
+1hour 258/262 391

TLC
133/134 139 165

7.00 AM **Extreme Couponing**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **Little People, Big World** Documentary.
2.00 **Breaking Amish**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **I Didn't Know I Was Pregnant** Double bill.
9.00 **24 Hour Baby Hospital**
11.00 **Body Bizarre**
12.00 M'T **I Was Bitten**
1.00 AM **Extreme Couponing**
2.00 **Hoarding: Buried Alive**
3.00 **Body Bizarre**
4.00 **I Didn't Know I Was Pregnant** Double bill.
5.00 **to 6.00** AM **Extreme Couponing**
+1hour 233/234 365

Comedy Central
112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** 5&6/8. (S7)
10.00 **Last Man Standing**
11.00 **Everybody Loves Raymond** (S8)
1.00 PM **Friends** (S2&3)
8.00 **Friends** 7/25. Joey gets a job teaching a class. **8.30** 8/25. Monica injures Ben. (S3)
9.00 **Jeff Dunham: Me the People** Comedy special.
10.00 **South Park** New episode (S27)
10.30 **South Park** (S9&10)
12.00 M'T **Mike Judge's Beavis and Butt-Head**
1.00 AM **8 Out of 10 Cats**
2.00 **CC Live: Stand Up Shorts** With Daniel Foxx.
2.30 **Utopia** 3/8. (S1)
3.00 **Lee Evans – Monsters**
3.45 **Rosie Jones Tries to Help** With Ed Gamble.
3.50 **Important Things with Demetri Martin**
4.15 **to 5.00** AM **Friends**
+1hour 212/213 332

Comedy Cen. Extra
127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** (S5&1)
11.00 **Friends** (S6)
1.00 PM **Impractical Jokers**
2.00 **Daria** 2&3/13. (S1)
3.00 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing** (S8)
7.00 **Everybody Loves Raymond** 4-7/23. (S8)
9.00 **New Girl** 8&10/24. Double bill. (S1)
10.00 **Friends** 5-10/24. (S2)
1.00 AM **Beavis and Butt-Head** (S4)
2.00 **Key & Peele** Double bill.
3.00 **The Alternative Comedy Experience**
3.45 **Suzi Ruffell at the Comedy Store**
4.05 **Alex Edelman at the Comedy Store**
4.30 **Out of Order: Best Bits**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay
152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Cops**
11.00 **Hold the Front Page**
12.00 NOON **Motorway Patrol**
2.00 PM **Border Security USA**
3.00 **UK Border Force**
4.00 **Highway Cops**
5.00 **Motorway Patrol**
7.00 **SEAL Team** (S1)
9.00 **Road Wars** An illegal driver tries to fool Roma and Charley by giving them false documents.
10.00 **The Force: Manchester**
11.00 **There's Something About Movies**
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own Road Trip: Southeast Asia**
2.00 **Duck Quacks Don't Echo** With Bob Mortimer.
3.00 **Road Wars**
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **16 and Pregnant**
7.15 **Teen Mom: The Next Chapter** Reality series.
8.00 **Catfish: The TV Show**
10.00 **Catfish: Models**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Triple bill.
4.00 **Dallas Cowboys Cheerleaders**
6.00 **FriendZone**
7.00 **Teen Mom 2**
8.00 **Rich Kids Go Skint**
9.00 **Help! I'm in a Secret Relationship!**
10.00 **Jersey Shore Family Vacation** New edition Vinny embraces Eileen.
11.00 **The Challenge: Vets & New Threats** New edition Horror director Jordan Peele gets in on the action.
12.30 AM **Love & Hip Hop: Atlanta** New edition
1.30 **Ink Master** Double bill.
3.15 **to 4.00** AM **Caught in the Act: Unfaithful**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Flying Wild Alaska**
9.00 **Gold Rush** Double bill.
11.00 **Wheeler Dealers World Tour**
1.00 PM **Gold Divers** Double bill.
3.00 **Hoffman Family Gold**
5.00 **Building Off the Grid** An adventurous couple build a home with self-sustaining features near the Ozark Forest.
6.00 **Baggage Battles** The buyers attend a police auction in Vancouver, Canada.
6.30 The buyers visit a transit auction in New York City.

9.00 In the Eye of the Storm

7.00 Wheeler Dealers: Dream Car Mike Brewer and Marc Priestley try to get their hands on a Mk2 Ford Escort.

8.00 Roadworthy Rescues Derek goes off the deep end with an '80s icon, a DeLorean which is wrecked and doesn't run.

9.00 In the Eye of the Storm New edition Hurricane Helene barrels north, causing massive flooding in Appalachia.

10.00 Marooned with Ed Stafford Ed hunts the elusive warthog while undergoing a survival challenge in Namibia.

11.00 **Mystery at Blind Frog Ranch** Duane and the team search for new access points to the underground cavern system.
12.00 M'T **Moonshiners**
1.00 AM **In the Eye of the Storm**
2.00 **Marooned with Ed Stafford**
3.00 **Kindig Customs**
4.00 **to 5.00** AM **Expedition Bigfoot**

+1hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Bad Dog!** Documentary.
10.00 **Tanked** A tank for seahorses.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees** An elusive pit bull is saved.
3.00 **My Cat from Hell** Two cats begin attacking each other.
4.00 Two warring Sphynxes keep their owners up at night.
5.00 **Lone Star Law** Dove hunting season begins in Texas.
6.00 **Dr Jeff: Rocky Mountain Vet** A micro-pig requires surgery.

7.00 Treehouse Masters

7.00 Treehouse Masters Pete Nelson sets out to create a treehouse bed-and-breakfast designed for romance.

8.00 Alaska: Surviving the Last Frontier Following four groups of ordinary people as they travel into the wilderness of Alaska.

9.00 Alaska: The Last Frontier Atz Lee and Jane build a greenhouse, while Otto and his family drive their cattle.

10.00 Alaskan Bush People The Browns must balance the fate of their new community with their homestead's success.

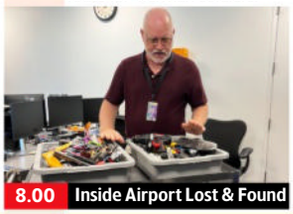
11.00 **Pit Bulls & Parolees**
12.00 M'T **Crikey! It's the Irwins** The family set out to release a sea turtle back to the wild.
1.00 AM **Alaska: Surviving the Last Frontier** As 8.00pm.
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Europe from Above**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
11.00 **Aircrash: Disasters Uncovered**
12.00 NOON **Ice Road Rescue**
2.00 PM **World War II: The Apocalypse** Double bill.
4.00 **Pirates: Behind the Legends**
5.00 **Car S.O.S** Tim and Fuzz restore a Datsun 240k Skyline.
6.00 **Hitler's Last Stand** A look into how Canadian tanks closed off an escape route for German soldiers.



8.00 Inside Airport Lost & Found

7.00 Air Crash Investigation Examining dashcam footage to discover why a plane clipped an elevated highway before crashing.

8.00 Inside Airport Lost & Found New edition Airport workers try to find a cat that escaped onto the runway upon landing.

9.00 Air Crash Investigation Investigating why Air Florida Flight 90 plunged through ice into a Washington river in 1982.

10.00 Draining the Bermuda Triangle An exploration of the 450,000 square mile area of ocean.

11.00 **Air Crash Investigation** How a freshly serviced plane was released with a fatal flaw.
12.00 M'T **Air Crash Investigation**
1.00 AM **To Catch a Smuggler**
2.00 **Made in a Day**
2.30 **Lords of War** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **When Sharks Attack**

+1hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Swamp People: Serpent Invasion**
6.55 **Storage Hunters** Double bill.
7.50 **American Pickers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Mysteries Unearthed with Danny Trejo**
1.00 PM **Alone** As 10.00pm
2.00 **Swamp Mysteries with Troy Landry** As 9.00pm.
3.00 **Ross Kemp: Shipwreck Treasure Hunter** Double bill.
5.00 **WW2 Treasure Hunters**
6.00 **American Pickers**

8.00 Swamp People: Serpent...

7.00 Forged in Fire Four bladesmiths are tasked to forge J Nielson's favourite blade, a Damascus European dagger.

8.00 Swamp People: Serpent Invasion New edition The hunters battle pythons in Florida's Lake Elizabeth wetlands.

9.00 Swamp Mysteries with Troy Landry New edition Troy and his team unearth graves dating back over 200 years.

10.00 Alone New edition The survivalists finally begin to cash in on food as game proves to be plentiful.

11.00 **World's Most Unexplained...**
12.00 M'T **Haunted Hospitals** A woman is shocked to see two ghostly figures.
12.55 AM **Mysteries Unearthed with Danny Trejo**
1.50 **Swamp Mysteries with Troy Landry** As 9.00pm.
2.50 **WW2 Treasure Hunters**
3.40 **Pawn Stars** Documentary.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash** Double bill.
10.00 **Nazi Hunters** As 4.00pm.
11.00 **Nuremberg: Nazis on Trial**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **Nazi Hunters** The capture and suicide of Heinrich Himmler.
5.00 **Nuremberg: Nazis on Trial** The case against Albert Speer.
6.00 **Antiques Roadshow** Fiona Bruce and the team return to Scone Palace in Perthshire.

9.00 Flipping Bangers

7.00 Australia with Simon Reeve The author and adventurer meets members of a motorcycle gang in Gold Coast.

8.00 Bangers & Cash New edition Derek is heading to Scotland to collect a Bentley created by a talented amateur.

9.00 Flipping Bangers British car enthusiasts Will and Gus head to London to buy a 1973 Mk 4 Spitfire.

10.00 Bangers & Cash: Restoring Classics The team take on the restoration of a 1992 Vauxhall Nova Merit Plus.

11.00 **Bangers & Cash** Derek picks up a Morgan sports car.
12.00 M'T **Find It, Fix It, Flog It** A water trough and a cartwheel pique Henry Cole and Simon O'Brien's interest.
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Australia with Simon Reeve** As 7.00pm.

+1hour 255 329

Thursday

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Vintage Voltage**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Yorkshire Auction House**
3.00 **Shed and Buried: Classic Cars**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **Cycling: Vuelta a España** The 12th stage.
8.00 **Salvage Hunters**
10.00 **Secret Life of the Auction House** New edition A stainless-steel sculpture poses some challenges to the logistics team.
11.00 **How Do They Do It?**
1.00 AM **Mike Brewer's World of Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes... UK**
7.00 **Say Yes to the Dress**
8.00 **Say Yes... Lancashire**
9.00 **Say Yes... UK**
10.00 **Say Yes to the Dress**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **On the Case**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **American Detective**
7.00 **Judge Rinder's Crime Stories** Julie Archer.
8.00 **Murder on CCTV**
9.00 **Evil Lives Here** New edition
10.00 **Evil Lives Here: Shadows of Death**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** True-crime.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Fraud Squad** The UK's biggest Blue Badge fraud is unearthed.
8.00 **Killers: Caught on Camera** The tragic murder cases of Kira Steger and Whitney Gray.
9.00 **Bloodline Detectives** A look at a 1979 murder with no firm leads.
10.00 The investigation into a woman found beaten to death in 1984.
11.00 **Britain's Countryside Killers** Mark Buckley murdered 18-year-old Ellen Higginbottom in Orrell Water Park, Wigan.
12.00 M'T **Cold Cases Reopened** True-crime.
1.00 AM **Bloodline Detectives** Double bill.
3.00 **Killers: Caught on Camera** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Cold Cases Reopened** Double bill.
11.00 **Facing Evil** Double bill.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Cold Cases Reopened** Double bill.
4.00 **Facing Evil** The case of Dawn Silvernail.
4.30 A look at the case of Ashley Humphrey.
5.00 **Medical Detectives** The analysis of hair found at a murder scene pinpoints the crime's perpetrator.
5.30 A fire kills the only doctor in the town of Laeger, West Virginia.
6.00 Investigators use orange fibres to solve a sex-related killing.
6.30 A 77-year-old on a road trip is attacked by a thief and shot to death.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Road Wars**
7.00 **Stop, Search, Seize**
8.00 **UK Border Force**
9.00 **The Force: Manchester**
10.00 **Caught on Dashcam**
11.00 **Snapped** Documentary.
12.00 NOON **Murdered at First Sight** True-crime.
1.00 PM **Britain's Most Evil Killers** Mick Philpott.
2.00 **Killer in My Village**
3.00 **How I Caught the Killer**
4.00 **World's Most Evil Killers**
5.00 **Murdered at First Sight**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Catching the Killer**
10.50 **Britain's Most Evil Killers**
11.55 **Murder Uncut**
12.55 AM **How I Caught the...**
2.00 **Killer in My Village**
3.00 **Snapped** Documentary.
4.00 **Border Security: Canada's Front Line**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Countdown to WWII**
9.25 **1066: A Year to Conquer England**
10.45 **The Hidden Side of World War II**
11.55 **Hitler's Gold**
1.00 PM **Countdown to WWII** Documentary.
2.10 **1066: A Year to Conquer England**
3.30 **The Hidden Side of World War II**
4.40 **Hitler's Gold**
5.40 **Countdown to WWII**
6.50 **1066: A Year to Conquer England**
8.15 **The Hidden Side of World War II** The political struggle between De Gaulle and the Allied forces.
9.25 **Hitler's Gold** The hunt for the Nazi criminals.
10.30 **1066: A Year to Conquer England**
12.00 M'T **The Hidden Side of World War II**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

THURSDAY

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Love Has Won: The Cult of Mother God**
7.05 **Discovering: John Hurt**
8.00 **The Directors**
9.00 **The Seventies**
10.00 **Spector**
11.00 **David Frost Vs**
12.00 NOON **A Choice of Weapons: Inspired By Gordon Parks**
1.50 PM **My Icon: Leon Pryce**
2.00 **After the Bite**
3.50 **My Icon: Michael Campbell**
4.00 **Discovering: John Hurt**
5.00 **The Directors**
6.00 **The Seventies**
7.00 **Spector** 4/4. Phil Spector is convicted after a second trial.
8.00 **The Yogurt Shop Murders** 3/4. The police call in the suspects for videotaped interrogations. **9.15** 4/4. A cold case detective continues to search for answers.
10.30 **Kurt Cobain: Montage of Heck** Brett Morgen explores the Nirvana frontman's life.
1.00 AM **Hatton**
3.00 **Hijacked: Flight 73**
5.00 **to 6.00** AM **Discovering: John Hurt**

Sky Nature

145 113/114 189 354 369

6.00 AM **Gangs of Lemur Island**
7.00 **Monkey Life**
8.00 **Africa's Hidden Kingdoms**
9.00 **Arabian Inferno**
10.00 **Dawn to Dusk**
11.00 **Big Cat Country**
12.00 NOON **Into the Wild: India**
1.00 PM **Monkey Life**
2.00 **Africa's Hidden Kingdoms**
3.00 **Arabian Inferno**
4.00 **Dawn to Dusk**
5.00 **Land of Primates**
6.00 **Into the Wild: India**
7.00 **Monkey Life** Double bill.
8.00 **Great Parks of Africa** The Garden Route in South Africa.
9.00 **Coral City** Underwater footage of the marine life, seascapes and animal behaviours of the Great Barrier Reef.
10.00 **Into the Wild: India**
11.00 **Land of Primates**
12.00 M'T **Big Cat Country**
1.00 AM **Gangs of Lemur Island**
2.00 **Great Parks of Africa**
3.00 **Animals Decoded**
4.00 **Africa's Hidden Kingdoms**
5.00 **to 6.00** AM **Arabian Inferno**

Sky History 2

163/168 143 186

6.00 AM **Life After People**
8.00 **History's Greatest Mysteries**
9.00 **The Abyss: Rise & Fall of the Nazis** Double bill of editions.
11.00 **Ancient Aliens**
1.00 PM **Craig Charles: UFO Conspiracies**
2.00 **Digging for Britain**
4.00 **Life After People**
6.00 **History's Greatest Mysteries**
7.00 **The Abyss: Rise & Fall of the Nazis** Hitler's invasion of the Soviet Union on 22 June 1941. **8.00** Operation Reinhardt, in which the Nazis killed two million people over two months.
9.00 **Clash of Ancient Warriors** The story of how a Parisian army repelled the Vikings. **10.00** Focusing on the Battle of Cannae, a major battle of the Second Punic War, that took place in August 216 BC.
11.00 **Ancient Aliens**
1.00 AM **Craig Charles: UFO Conspiracies**
2.00 **Digging for Britain**
4.00 **History's Greatest Aircraft**
5.00 **to 6.00** AM **Dirty Old Cars**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
8.00 **Killer Town**
9.00 **Murdertown**
10.00 **Buried in the Backyard**
11.00 **#Textmewhenyougethome**
12.00 NOON **A Perfect Scam**
1.00 PM **Somebody's Hiding...**
2.00 **Judge Rinder's Crime Stories**
3.00 **Cops Who Kill with Will Mellor**
4.00 **Murdertown**
5.00 **When Missing Turns to Murder**
6.00 **Imperfect Murder**
7.00 **An Hour to Kill**
8.00 **Somebody's Hiding Something** New edition A woman who disappeared from a party.
9.00 **The First 48** New edition
10.00 **Interrogation Raw** New edition
11.00 **Homicide Hunter**
12.00 M'T **Somebody's Hiding...**
1.00 AM **The First 48**
2.00 **Interrogation Raw**
3.00 **A Perfect Scam**
4.00 **When Missing Turns to Murder**
5.00 **to 6.00** AM **Buried in the Backyard**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Hostile Planet**
10.00 **Monster Fish**
11.00 **Critter Fixers: Country Vets**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Hollywood's Killer Bear**
3.00 **National Parks: USA**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** Focusing on the baby animals at the zoo.
8.00 **Kingdom of the White Wolf** Ronan Donovan documents a pack of Arctic wolves. **9.00** Ronan attempts to get up close and personal with the family of wolves.
10.00 **Lawless Island**
11.00 **Ice Road Rescue**
12.00 M'T **Animal Fight Club**
1.00 AM **Last of the Giants: Wild Fish** Cyril's next mission is to track down the invasive paiche.
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **World's Deadliest**

Discovery History

174 147 181 320 325

7.00 AM **Combat Dealers: Reloaded** As 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** The science behind the sun.
8.00 **Combat Dealers: Reloaded** Former Army Paratroopers Bruce Crompton and Freddie Kruyer explore the troops' vital role in defeating the Germans in World War Two.
9.00 **Ancient Unexplained Files** Focusing on the ancient moai statues of Easter Island.
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Hornby: A Model World**
12.00 NOON **Secrets of the Railways**
3.00 PM **Hornby: A Model World**
6.00 **Secrets of the Railways** Focusing on railroads associated with mankind's ugliest deeds, including the Trans-Pyrenees Railway. **7.00** An exploration of the Harz Mountain Railway, which still uses steam locomotives. **8.00** The White Pass and Yukon Railroad over the US-Canada border.
9.00 **Hornby: A Model World** The Hornby team attempt to replicate the legendary 9F steam locomotive. **10.00** A huge challenge faces designer Phil with Hornby's latest range of A4 locos. **11.00** Phil takes on his toughest challenge yet – an entire reinvention of the Black Fives, encompassing all 842 variations.
12.00 M'T **Secrets of the Railways**
3.00 AM **Hornby: A Model World**
5.20 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 141 166

8.00 AM **The Lies That Bind**
9.00 **The 1980s: The Deadliest Decade** Double bill.
11.00 **Caught in the Net**
1.00 PM **Murder Under the Friday Night Lights** Double bill.
3.00 **Murder in the Heartland**
5.00 **Twisted Love**
6.00 **Web of Lies**
7.00 **Killer Unknown** Examining the 1973 murder of Veda Woodson and the 1998 murder of Dena Ann Dean. **8.00** An effort to find Dena's friend Brandi promises to yield results, and discussions tell of a tense relationship right before Dena's murder.
9.00 **The Murder Tapes** In Bozeman, Montana, police officers find Lauren DeWise deceased and her roommate critically injured.
10.00 **Devil Among Us**
12.00 M'T **Scene of the Crime with Tony Harris** Double bill.
2.00 AM **Twisted Love**
3.00 **Web of Lies**
4.00 **to 6.00** AM **Killer Unknown**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrapyard Dynasty**
7.00 **Texas Metal**
8.00 **Motor Pickers**
9.00 **Bad Chad Customs**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Outback Car Hunters**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Bad Chad Customs**
4.00 **Shorty's Dream Shop**
5.00 **Salvage Hunters: Classic Cars**
6.00 **Motor Pickers**
7.00 **Shed and Buried**
8.00 **Shorty's Dream Shop** NFL linebacker Matt Judon brings in his father's 1977 Eldorado.
9.00 **Richard Hammond's Workshop** Richard's new state-of-the-art workshop is finally open.
10.00 **Bad Chad Customs**
11.00 **Shed and Buried**
12.00 M'T **Shorty's Dream Shop**
1.00 AM **Outback Car Hunters**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers: Dream Car**
4.00 **to 5.00** AM **Wrench'd**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

7.10 AM **Into the Wonderwoods**
8.40 **The Mountain** As 6.15pm.
10.20 **The Surfer** As 8.00pm.
12.05 PM **The Prosecutor** (2024)
2.05 **Saturday Night** Comedy drama starring Gabriel LaBelle. (2024, 15, 109min) ★★★★
4.00 **The Lord of the Rings: The War of the Rohirrim** Animation. (2024, 12) ★★★★
6.15 **The Mountain** Comedy drama starring Elizabeth Atkinson. (2024, PG, 89min) ★★★★

6.15 The Mountain

8.00 The Surfer Thriller starring Nicolas Cage and Julian McMahon. A father returns to the beach of his childhood to surf, but is drawn into a conflict with local thugs. (2024, 15, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 Restless Thriller starring Lyndsey Marshal. An empty nester's mundane life is upended when raucous new neighbours move in next door. (2024, 15, 89min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Gator Creek** Horror thriller starring Athena Strates. (2025, 15, 87min) ★
12.55 AM **The Prosecutor** Hong Kong action thriller starring Donnie Yen and Julian Cheung. Subtitled. (2024, 15, 117min)
2.55 **The Surfer** As 8.00pm.
4.50 **to 6.25** AM **Into the Wonderwoods** Animated family adventure featuring the voice of Kristen McGuire. (2024, U, 81min) ★★★

Sky Cinema Hits

303 303 403 503 517

6.50 AM **Coup!** Comedy thriller. (2023, 12, 98min) ★★★★
8.30 **Aeon Flux** (2005, 15) ★★
10.15 **Congo** As shown at 3.00am.
12.15 PM **Charlie's Angels** Comedy thriller. (2000, 15) ★★★★
2.05 **Charlie's Angels: Full Throttle** Comedy thriller sequel. (2003, 12, 106min) ★★
4.05 **Role Models** Comedy. (2008, 15, 99min) ★★★★
6.00 **Kingpin** Crude comedy. (1996, 12, 114min) ★★★

10.00 Napoleon Dynamite

8.00 Tropic Thunder Spoof war movie co-written, directed by and starring Ben Stiller, co-starring Robert Downey Jr and Jack Black. A group of actors are dropped into a Southeast Asian jungle to film a war movie. (2008, 15, 107min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Napoleon Dynamite Teen comedy starring Jon Heder as a nerdy teenager growing up in a small Idaho town. With Efren Ramirez. (2004, PG, 95min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **The Warriors** Urban thriller. (1979, 15, 94min) ★★★
1.20 AM **Friday the 13th Part II** Horror sequel starring Amy Steel. (1981, 18, 87min) ★★
3.00 **Congo** Jungle adventure. (1995, 12, 108min) ★★★
5.00 **to 6.45** AM **The Men Who Stare at Goats** Comedy. (2009, 15, 89min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.00 AM **Rurangi** As 2.15pm.
7.40 **Minyan** As shown at 12.20am.
9.55 **Wildhood** Drama starring Steve Lund.. (2021, 15, 108min) ★★★
11.55 **Darkest Hour** As 10.05pm.
2.15 PM **Rurangi** New Zealand drama. (2020, 15, 87min) ★★★★
3.55 **One Life** Fact-based drama. (2023, 12, 105min) ★★★★
6.00 **Bob Marley: One Love** Biopic. (2023, 12, 104min) ★★★

8.00 Lee Biopic starring Kate Winslet as World War Two photographer Lee Miller, who was determined to document the truth of the Nazi regime. With Alexander Skarsgård and Andy Samberg. (2023, 15, 117min) ★★★
10.05 **Darkest Hour** Biopic starring Gary Oldman and Kristin Scott Thomas. British prime minister Winston Churchill seeks to rally the nation against Germany's advance across Western Europe. (2017, PG, 122min) ★★★

12.20 AM **Minyan** Drama starring Samuel H Levine and Ron Rifkin. (2020, 15, 130min) ★★★
2.35 **You Can Live Forever** Drama. (2022, 15, 96min) ★★★
4.25 **to 6.25** AM **Footloose** Dance drama remake starring Kenny Wormald. (2011, 12, 113min) ★★★

Sky Cinema Monsters

311 311 411 511 525

7.15 AM **Zombie Town** Horror comedy. (2023, 12, 92min) ★★
8.50 **I Am Legend** Sci-fi thriller. (2007, 15, 101min) ★★★★
10.35 **The Meg** Thriller. (2018, 12) ★★★
12.35 PM **Jaws** Monster thriller. (1975, 12, 125min) ★★★★★
2.45 **Jaws 2** Adventure thriller sequel. (1978, PG, 115min) ★★★
4.45 **Jaws 3** Adventure thriller sequel. (1983, 12, 99min) ★★

6.30 **Zombieland** Horror comedy starring Woody Harrelson. (2009, 15, 84min) ★★★★
8.00 **Beetlejuice Beetlejuice** Horror comedy sequel starring Michael Keaton. The mischievous demon is summoned once more when Delia Deetz returns to the close-knit community of Winter River. (2024, 12, 105min) ★★★★
10.00 **Kong: Skull Island** Action adventure with Tom Hiddleston, Samuel L Jackson and Brie Larson. (2017, 12, 118min) ★★★★

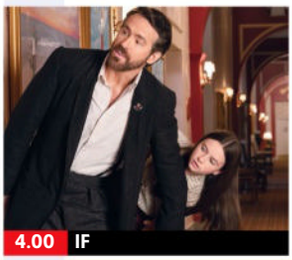
12.10 AM **The Invisible Man** Suspense thriller starring Elisabeth Moss. (2020, 15, 124min) ★★★★
2.30 **Insidious** Thriller starring Rose Byrne and Patrick Wilson. (2010, 15, 103min) ★★★★
4.15 **to 6.05** AM **Ouija** Horror chiller. (2014, 15, 87min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Back to School

306 306 406 506 519

6.00 AM **The Cinema List**
6.25 **Lego DC Comics Super Heroes: Justice League vs Bizarro League** (2015) ★★★
7.30 **Lego DC Comics... The Flash**
9.05 **Curious George** (2006)
10.45 **Spy Kids** (2001, U) ★★★★
12.25 PM **Spy Kids 2: Island of Lost Dreams** (2002, U) ★★★★
2.20 **Spy Kids 3: Game Over** Action comedy. (2003, U) ★★★
4.00 **IF** Fantasy. (2024, U) ★★★
6.00 **The Tiger Rising** (2022) ★★★



4.00 IF

7.45 **Big Fat Liar** Teen comedy starring Frankie Muniz and Paul Giamatti. (2002, PG, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.15 **The Polar Express** Animated adventure starring Tom Hanks. A young boy who is growing sceptical about Santa Claus travels to the North Pole on board an extraordinary steam train. With Michael Jeter. (2004, U, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **The Witches** Fantasy adventure with Anjelica Huston. (1989, PG, 90min) ★★★★
12.35 AM **Scarygirl** Animation featuring the voice of Anna Torv. (2023, PG, 90min) ★★★
2.10 **Monster House** Animation. (2006, PG, 91min) ★★★★
3.50 **Lego DC Comics Super Heroes: The Flash** Animation. (2018, U, 78min) ★★★
5.15 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Action

307 307 407 507 521

7.20 AM **Shaolin Soccer** (2001)
9.15 **Enter the Dragon** Thriller. (1973, 18, 97min) ★★★★
11.10 **Venom: The Last Dance** Fantasy adventure sequel. (2024, 15, 110min) ★★★
1.05 PM **300** Epic adventure. (2006, 15, 116min) ★★★★
3.05 **The Beekeeper** Action thriller. (2023, 15, 105min) ★★★
5.05 **Saving Private Ryan** Steven Spielberg's epic war drama. (1998, 15, 169min) ★★★★★

8.00 Justice League

8.00 **Justice League** Sci-fi adventure starring Ben Affleck. Bruce Wayne enlists the help of Wonder Woman, Aquaman, Cyborg and The Flash in the fight against supervillain Steppenwolf. With Gal Gadot and Henry Cavill. (2017, 12, 120min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **The Magnificent Seven** Western starring Yul Brynner as the leader of a group of gunmen hired to protect a Mexican village from bandits. With Steve McQueen. (1960, PG, 138min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Shaolin Soccer** Hong Kong martial-arts comedy with Stephen Chow. Subtitled. (2001, 12, 113min) ★★★
2.25 **Constantine** Horror thriller. (2005, 15, 121min) ★★★
4.35 **to 6.15** AM **R.I.P.D** Action comedy starring Jeff Bridges. (2013, 12, 96min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.05 AM **Dad's Army** As 11.55pm.
7.45 **David Brent: Life on the Road**
9.25 **The Nutty Professor** Comedy. (1996, 12, 95min) ★★★
11.05 **Nutty Professor II: The Klumps** (2000, 12) ★★★
12.55 PM **Talladega Nights: The...**
3.00 **Kangaroo Jack** Comedy. (2003, PG, 89min) ★
4.35 **Nacho Libre** Action comedy. (2006, 12, 92min) ★★★★
6.10 **Twins** Action comedy. (1988, PG, 107min) ★★★

4.35 Nacho Libre

8.00 **Anyone But You** Romantic comedy starring Sydney Sweeney and Glen Powell. After a first date, a duo's attraction turns chilly, until they are reunited at a wedding. (2023, 15, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

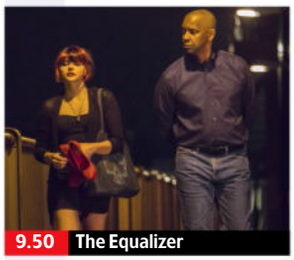
9.50 **Talladega Nights: The Ballad of Ricky Bobby** Action comedy starring Will Ferrell, John C Reilly, Sacha Baron Cohen and Gary Cole. (2006, 15, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Dad's Army** Comedy spin-off. (1971, U, 95min) ★★★★
1.35 AM **David Brent: Life on the Road** Mockumentary comedy spin-off. (2016, 15, 96min) ★★
3.15 **HouseSitter** Romantic comedy starring Steve Martin. (1992, PG, 102min) ★★★
5.10 **to 6.50** AM **My Big Fat Greek Wedding 2** Comedy sequel. (2016, 12, 94min) ★★

Sky Cinema Thriller

309 309 409 509 523

6.40 AM **Some Other Woman**
8.15 **American Star** As 1.35am.
10.10 **Cult Killer** As 3.25am.
12.00 NOON **Retribution** Thriller. (2023, 12, 91min) ★★
1.40 PM **Inferno** Adventure thriller. (2016, 12, 121min) ★★★
3.50 **K-19: The Widowmaker** Cold War thriller starring Harrison Ford. (2002, 12, 138min) ★★★
6.15 **Last Seen Alive** Mystery thriller starring Gerard Butler. (2022, 15, 95min) ★★★



9.50 The Equalizer

8.00 **Layer Cake** Gangster thriller starring Daniel Craig, Michael Gambon and Sienna Miller. A slick London drug dealer finds himself in trouble when a drug deal goes sour. With Kenneth Cranham. (2004, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **The Equalizer** Thriller with Denzel Washington and Chloë Grace Moretz. An ex-secret agent fights to bring down a crime syndicate after coming to the aid of an abused prostitute. (2014, 15, 132min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Some Other Woman** Thriller with Ashley Greene. (2023, 15, 85min) ★★★
1.35 **American Star** Thriller. (2023, 15, 107min) ★★★★
3.25 **Cult Killer** Crime thriller. (2024, 15, 105min) ★★★
5.15 **to 6.50** AM **Ruthless** Thriller. (2023, 15, 92min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Broken Arrow** Western. (1950, PG, 93min) ★★★★
12.50 PM **Storm Over the Nile** Adventure. (1955, U) ★★★
3.00 **13 Rue Madeleine** Spy thriller. (1946, b/w, U, 95min) ★★★
4.55 **The Land That Time Forgot** Fantasy. (1974, PG) ★★★
6.45 **Jumanji: Welcome to the Jungle** Action comedy starring Dwayne Johnson. (2017, 12, 119min) ★★★★

9.00 Reality

Jumanji: Welcome to the Jungle (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **PREMIERE** **Reality** Crime drama starring Sydney Sweeney. A former intelligence specialist is sentenced for the release of information to the media about interference in the 2016 elections. (2023, 12, 83min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

10.40 **Man on Fire** Violent action thriller starring Denzel Washington, Christopher Walken and Dakota Fanning. (2004, 18, 146min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM

1.30 **to 3.55** AM **Dead Presidents** Crime drama with Larenz Tate, Keith David and Chris Tucker. (1995, 18, 119min) ★★★★

+1 hour 314 430 47 301 257

Sky Cinema 90s

302 302 402 502 516

6.50 AM **Patriot Games** As 2.05am.
8.50 **Clear and Present Danger**
11.15 **Streetfighter** Action drama. (1994, 12, 102min) ★★
1.05 PM **Robin Hood: Prince of Thieves** Fantasy adventure. (1991, PG, 138min) ★★
3.30 **Godzilla** Monster movie remake. (1998, PG, 139min) ★★★
5.50 **The Mummy** Action adventure. (1999, 15, 124min) ★★★★

8.00 **Last Action Hero** Action fantasy starring Arnold Schwarzenegger, Austin O'Brien and Charles Dance. A magic cinema ticket transports a young movie fan into the on-screen action. (1993, 15, 130min) ★★★
10.15 **Twister** Disaster movie starring Helen Hunt and Bill Paxton as an estranged married couple of meteorologists who reunite to chase tornadoes across the American Midwest. With Jami Gertz. (1996, PG, 114min) ★★★

12.10 AM **Money Train** Action comedy. (1995, 18, 110min) ★★
2.05 **Patriot Games** Action thriller. (1992, 15, 116min) ★★★
4.05 **The Cinema List: Sky Originals**
4.35 **to 7.00** AM **Clear and Present Danger** Thriller starring Harrison Ford. (1994, 12, 141min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.10 AM **The Bridge on the River Kwai** As shown at 4.50am.
8.55 **Escape from Alcatraz** Fact-based prison drama. (1979, 15, 112min) ★★★★
10.50 **The Day of the Jackal** (1973)
1.20 PM **Dirty Harry** Police thriller. (1971, 15, 103min) ★★★★★
3.05 **The Fisher King** Terry Gilliam's urban fable with Robin Williams. (1991, 15, 137min) ★★★★★

5.25 **Scent of a Woman** Coming-of-age drama. (1992, 15, 157min) ★★★★
8.00 **Jerry Maguire** Romantic comedy drama starring Tom Cruise as an idealistic sports agent who finds support from an adoring single mother and a pugnacious American football star. (1996, 15, 139min) ★★★★
10.20 **Meet Joe Black** Romantic drama with Brad Pitt, Anthony Hopkins and Claire Forlani. (1998, 12, 181min) ★★★★

1.20 AM **The Day of the Jackal** Thriller starring Edward Fox. (1973, 15, 142min) ★★★★★
3.50 **Sky Cinema Preview**
4.50 **to 7.35** AM **The Bridge on the River Kwai** David Lean's vintage World War Two drama. (1957, PG, 161min) ★★★★★

Sky Cinema Animation

305 305 412 500 514

7.25 AM **Rock Dog 3: Battle the Beat** Animated adventure sequel. (2022, U, 90min) ★★
9.05 **Shrek the Third** Animated comedy adventure sequel. (2007, U, 88min) ★★★★
10.45 **Captain Underpants** (2017)
12.25 PM **Smallfoot** Animation. (2018, U, 96min) ★★★
2.10 **The Wild Robot** Animation. (2024, U, 102min) ★★★★

4.00 **The Lego Movie 2: The Second Part** Animated sequel. (2019, U, 107min) ★★★★
5.50 **The Nut Job** Animated comedy. (2014, U, 85min) ★★★
7.20 **Smurfs: The Lost Village** Animated family adventure. (2017, U, 87min) ★★★
8.55 **Captain Underpants** Animated family adventure. (2017, U, 89min) ★★★★
10.30 **Hotel Transylvania 2** Animated comedy sequel. (2015, U, 89min) ★★★

12.05 AM **The Road to El Dorado** Animation. (2000, U) ★★★
1.40 **The Swan Princess** Animated musical. (1994, U, 89min) ★★★
3.15 **Rugrats Go Wild** Animation. (2003, U, 81min) ★★★
4.40 **to 6.15** AM **Barnyard** Animated comedy. (2006, PG, 90min) ★

Movies 24

312 313 419

7.00 AM **Love & Jane** Romantic fantasy. (2024, PG, 84min) ★★
9.00 **Luckless in Love** Romantic comedy. (2023, PG, 86min) ★★
11.00 **The Reluctant Royal** Romantic comedy. (2025, PG, 84min) ★★
1.00 PM **Journey to You** Romantic drama. (2025, PG, 84min) ★★
3.00 **Return to Office** Romantic drama starring Janel Parrish. (2025, PG, 84min) ★★

5.00 **The Best Version of Love** Romantic comedy drama. (2023, PG, 86min) ★★
7.00 **Spring Breakthrough** Romantic drama starring Keesha Sharp and Demetrius Grosse. (2023, PG, 90min) ★★
9.00 **Haunted Wedding** Fantasy comedy starring Janel Parrish. The wedding between two ghost hunters at a haunted inn is disrupted by a ghost who mistakes the groom for her dead fiancé. (2024, PG, 84min) ★★

11.00 **An Ice Palace Romance** Drama. (2023, PG, 90min) ★★
1.00 AM **Blind Date Book Club** Drama. (2024, PG, 90min) ★★
3.00 **to 5.00** AM **Stepping into Love** Drama. (2023, PG, 82min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Sherlock Holmes** (S1)
6.35 **Come Back Peter** Comedy. (1952, b/w, U, 80min) ★★★
8.15 **Road to Bali** Musical comedy. (1952, U, 91min) ★★★★
10.05 **The Treasure of San Teresa** Thriller. (1959, b/w, PG) ★★
11.50 **Two Wives at One Wedding** Drama. (1961, b/w, U) ★★★
1.10 PM **In a Lonely Place** Thriller. (1950, b/w, PG, 89min) ★★★★

3.00 **Crown Court** Triple bill.
4.30 **Rebecca** Hitchcock thriller starring Laurence Olivier. (1940, b/w, PG, 130min) ★★★★★
7.00 **For the Love of Ada** 2/6. (S1)
7.30 **The Cheaters** 14/27. (S2)
8.00 **The Brothers** 12/16. (S7)
9.05 **The Sea Shall Not Have Them** World War Two drama with Dirk Bogarde and Michael Redgrave. (1954, b/w, U, 91min) ★★
10.50 **Villain** Gangster thriller starring Richard Burton and Ian McShane. (1971, 18, 98min) ★★★

12.50 AM **The Long Haul** Drama. (1957, PG, 100min) ★★★
2.35 **Who Is Killing the Great Chefs of Europe?** Mystery comedy. (1978, PG, 112min) ★★★
4.45 **to 6.00** AM **Ticket to Paradise** Romantic drama starring Emrys Jones. (1961, b/w, U, 61min) ★★★

Thursday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News** A round-up of the latest sports news.
7.00 **Sky Sports Breakfast**
8.00 LIVE **DP World Tour Golf** Coverage of day one of the Amgen Irish Open staged at K Club in Straffan, County Kildare.
1.00 PM LIVE **One-Day International Cricket England v South Africa.** Coverage of the second match in the three-game series, held at Lord's. The sides have not met here in this format since 2017, when South Africa won by seven wickets. However, the Proteas' last one-dayer here was a losing effort two years later, when Pakistan overcame them by 49 runs in the Cricket World Cup.
9.00 LIVE **US Open Tennis** Coverage of day 12 of the Grand Slam from the USTA Billie Jean King National Tennis Center in Flushing Meadows, New York.
2.00 AM LIVE **US Open Tennis** Further coverage of day 12 of the Grand Slam at the USTA Billie Jean King National Tennis Center, where the women's semi-finals are scheduled to take place.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Premier League Icons**
10.00 **Sky Sports FC**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years**
3.00 **PL Retro** Liverpool v Chelsea from the 2013/14 season.
5.00 **The Premier League Show**
7.00 **The Big Interview** A conversation with Tottenham Hotspur defender Micky van de Ven.
7.30 **Premier League Stories** A look behind the scenes of the top flight.
8.00 **Match Officials Mic'd Up** In-game audio of selected incidents from the Premier League.
8.30 **Premier League Review** A look back at the weekend's action in the Premier League.
9.30 **The Big Interview**
10.00 **Premier League Stories**
10.30 **Match Officials Mic'd Up**
11.00 **Premier League Years** A look back at the 2016/17 season.
1.00 AM **PL Retro** Chelsea v Wigan Athletic in the 2009/10 season.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Championship Retro**
8.00 **EFL Greatest Games**
10.00 **EFL Cup** The 2016 final.
11.00 **1983: When Aberdeen Ruled Europe** The story of the greatest year in the history of Aberdeen.
12.00 NOON **EFL Highlights**
1.45 PM **EFL League One Goals**
2.15 **EFL League Two Goals**
2.45 **SPFL Round-Up**
3.00 **SPFL Highlights**
3.30 **EFL Highlights** Championship.
5.00 **EFL Greatest Games**
6.00 **EFL Highlights** Action from Blackburn Rovers v Norwich City. **6.15** Bristol City v Hull City.
6.30 **Bundesliga Weekly**
7.00 **EFL League One Goals**
7.30 **EFL League Two Goals**
8.00 **SPFL Round-Up**
8.15 **SPFL Highlights** Rangers v Celtic in the Scottish Premiership.
8.45 **EFL Highlights** Championship.
10.00 **EFL League One Goals**
10.30 **EFL League Two Goals**
11.00 **EFL Greatest Games**
12.00 M'T **Henrik Larsson: 20 Years On**
1.00 AM **SPFL** Goals from 2010/11.
1.30 **SPFL Greatest Games**
2.00 **SPFL Highlights**
2.15 **to 6.00** AM **SPFL Greatest Games**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **One-Day International Cricket** England v South Africa.
7.00 **Best of England v South Africa**
8.00 **One-Day International Cricket**
9.00 **Best of England v South Africa**
9.30 **The Hundred Bitesize**
10.00 **Best of England v South Africa**
11.30 **One-Day International Cricket**
12.30 PM LIVE **One-Day International Cricket England v South Africa.** Coverage of the second match in the three-game series, staged at Lord's. The sides have not met here in this format since 2017, when South Africa prevailed by seven wickets. However, the Proteas' last one-dayer here was a losing effort two years later, when Pakistan overcame them by 49 runs in the Cricket World Cup.
9.00 **Best of England v South Africa**
10.00 **One-Day International Cricket**
1.00 AM **Best of England v South Africa** A look back at the action from the fourth ODI in 2016. **1.30** Action from a memorable Test in the 2009/10 series.
2.00 **Vitality T20 Blast Cricket**
5.30 **to 6.00** AM **Best of England v South Africa**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Ryder Cup 2023**
8.00 LIVE **DP World Tour Golf** Coverage of the opening day of the Amgen Irish Open at K Club.
1.00 PM **HotelPlanner Tour Golf Highlights** Recent action.
1.30 **Countdown to the Ryder Cup**
2.00 **Legends Tour Golf**
3.00 **PGA Tour Golf** Event review.
4.00 LIVE **DP World Tour Golf** Further coverage of day one of the Amgen Irish Open at K Club.
6.00 **HotelPlanner Tour Golf Highlights** Recent action.
6.30 **Countdown to the Ryder Cup**
7.00 **DP World Tour Golf**
12.00 M'T **HotelPlanner Tour Golf Highlights** The Dormy Open.
12.30 AM **Ryder Cup Memories**
1.00 **DP World Tour Golf**
2.00 **Golf Academy** Expert tips.
3.00 **Ryder Cup Memories**
4.00 **DP World Tour Golf**
5.00 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **WTA Tennis** Canadian Open.
6.30 **ATP Tour This Week**
7.00 **US Open Tennis** The 11th day.
11.30 **US Open Tennis**
5.00 PM LIVE **US Open Tennis** The men's doubles semi-finals on day 12 of the Grand Slam at the USTA Billie Jean King National Tennis Center in Flushing Meadows.
9.00 LIVE **US Open Tennis** Further coverage of day 12 of the Grand Slam at the USTA Billie Jean King National Tennis Center, New York.
4.00 AM **WTA & ATP Tennis**
4.30 **Bitesize Tennis** Highlights.
5.00 **ATP Tour This Week**
5.30 **to 6.00** AM **WTA Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **T100 Triathlon World Tour**
7.00 **La Vuelta Men** The 11th stage.
8.00 **Premier League Netbusters**
8.30 **Serie A – Full Impact**
9.00 **Snooker Wuhan Open**
10.00 **IEPF World Championships Shootout** Tournament highlights.
11.30 LIVE **Cycling: Tour of Britain** Coverage of the third stage of the race, a route of 132.7km from Milton Keyes to Ampthill.
3.15 PM **T100 Triathlon World Tour**
4.15 **Serie A – Full Impact**
4.45 **TNT Sports Reload**
5.00 **Cycling** Tour de l'Avenir.
6.00 **Premier League: Big Interview**
6.30 **Premier League Netbusters**
7.00 **Serie A – Full Impact**
7.30 **MLB Highlights**
8.30 **MLB: Off the Bat**
9.00 LIVE **MLB Milwaukee Brewers v Philadelphia Phillies.** Coverage of the National League match from American Family Field. Start-time is at **9.10pm**.
12.15 AM **Hard Knocks** NFL insight.
1.15 **TNT Sports Reload**
1.30 **La Vuelta Men** The 12th stage.
2.30 **Cycling** Recent highlights.
4.30 **T100 Triathlon World Tour**
5.30 **to 6.00** AM **TNT Sports Reload**

TNT Sports 2

411 414 522 409 431

6.00 AM **MotoGP Classics**
7.00 **MotoGP Highlights**
9.00 **FIM Speedway Grand Prix Highlights** Action from the ninth round of the season in Poland.
10.00 LIVE **AFL** Coverage of the second qualifying final.
1.00 PM **MLB Highlights**
2.00 **Snooker Wuhan Open** The best stories and action from China.
3.00 **IEPF World Championships Shootout** Tournament highlights.
4.30 **MLB Highlights**
5.30 **MLB Plays of the Week**
6.00 **T100 Triathlon World Tour Highlights** Action from the fifth round on the French Riviera.
7.00 **AFL** Another chance to see the second qualifying final.
8.30 **UEFA Champions League Greatest Nights**
9.30 **Hard Knocks** NFL insight.
10.30 **Premier League: Big Interview**
11.00 **Serie A – Full Impact**
11.30 LIVE **CPL Barbados Royals v Guyana Amazon Warriors.** Coverage of the T20 match at Kensington Oval in Barbados.
3.45 AM **TNT Sports Reload**
4.00 **Porsche Supercup**
5.00 **to 6.00** AM **WRC Review**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **The Rugby Championship** South Africa v Australia. **7.55** Argentina v New Zealand.
10.00 **My Icon** Sporting influences.
11.00 **The Rugby Championship** South Africa v Australia in the opening round of fixtures staged at Emirates Airline Park. **1.00** PM South Africa v Australia in the second round of fixtures at DHL Stadium in Cape Town.
3.00 **The Rugby Championship** A chance to see South Africa v Australia at Emirates Airline Park. **4.55** Argentina v New Zealand in the opening round of fixtures at Estadio Mario Alberto Kempes.
7.00 **British and Irish Lions Tour**
8.00 **Premier League Darts** Another chance to see night four of the tournament at Westpoint Arena in Exeter with a format featuring quarter-finals, semi-finals and a final all in one night. The quarter-finals were Michael van Gerwen v Rob Cross, Gerwyn Price v Luke Humphries, Chris Dobey v Nathan Aspinall, and Stephen Bunting v Luke Littler.
12.00 M'T **The Rugby Championship**
4.00 **to 6.00** AM **British and Irish Lions Tour**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
10.30 **NRLW Grand Final** Bitesize highlights from Sydney Roosters v Cronulla-Sutherland Sharks from this year's Grand Final.
10.45 **Rugby Greatest Games** Brief highlights of Australia v England from 2016.
10.50 LIVE **NRL Brisbane Broncos v Melbourne Storm.** Coverage of the match in the 27th round of fixtures from Suncorp Stadium. Kick-off **10.50am**.
12.50 PM **Rugby Greatest Games** Brief highlights of England v Australia from 2017.
1.00 **Lunchtime Live** The sports stories making the headlines.
2.00 **Sports Desk** Sports news with live analysis and comments.
5.00 LIVE **US Open Tennis** Coverage of day 12 of the Grand Slam staged at the USTA Billie Jean King National Tennis Center in Flushing Meadows, New York, where the women's semi-finals are scheduled to take place.
12.00 M'T **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **WTA Tennis** Monterrey Open.
8.00 **One-Day International Cricket**
9.00 **Formula 1** Dutch Grand Prix.
10.00 **PL Retro** Another chance to see Arsenal v Everton from 1998.
12.00 NOON **British and Irish Lions Tour** Highlights.
2.00 PM **PL Greatest Games**
3.00 **LPGA Tour Golf** Women's Open.
5.00 **PL Retro** Birmingham City v Aston Villa from 2002.
7.00 **One-Day International Cricket**
8.00 **HotelPlanner Tour Golf Highlights** Recent action.
8.30 **DP World Tour Golf**
9.00 **Formula 1** Dutch Grand Prix.
10.00 **British and Irish Lions Tour**
12.00 M'T **PL Greatest Games**
1.00 AM **PDC Classics** Archive action.
3.00 **EFL Greatest Games**
4.00 **DP World Tour Golf**
5.00 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

TNT Sports 3

413 415 523 410 432

6.00 AM **WRC Review**
7.00 **Porsche Supercup**
8.00 **TNT Sports Reload**
8.30 **MLB Plays of the Week**
9.00 **NWSL** Orlando Pride v Gotham. **10.00** Action from Kansas City Current v North Carolina Courage.
11.00 **WRC Review** Rally Paraguay.
12.00 NOON **Onboard** Ocean Race.
12.30 PM **Cycling: La Vuelta Men**
1.30 LIVE **Cycling: La Vuelta Men** Coverage of stage 12 of the Grand Tour race, a 144.9km route from Laredo to Los Corrales de Buelna.
5.00 **TNT Sports Reload**
5.30 **Snooker Wuhan Open**
6.30 **SailGP – Racing on the Edge**
7.00 **The Football Archives: UEFA Champions League**
8.30 **Onboard** Ocean Race Europe.
9.00 **Cycling: Tour de l'Avenir**
10.00 **Cycling: La Vuelta Men**
11.00 **Cycling: Tour of Britain**
12.00 M'T **to 6.00** AM **MotoGP Highlights**

TNT Sports 4

414 416 524 411 434

6.00 AM **Serie A – Full Impact**
6.30 **UEFA Champions League Greatest Nights**
7.30 **TNT Sports Cricket Reload**
8.00 **Onboard** Ocean Race Europe.
8.30 **SailGP – Racing on the Edge**
9.00 **Fishing: On the Bank**
10.00 **Superbike World Championship Highlights**
6.00 PM **FIM Speedway Grand Prix Highlights** Action from the ninth round of the season in Poland.
7.00 **Porsche Supercup** Action from the Dutch Grand Prix.
8.00 **WRC Review** The latest action from the Rally Paraguay.
9.00 **WNBA** Action from Golden State Valkyries v Washington Mystics.
10.00 **UFC Reloaded** Tony Ferguson v Kevin Lee at UFC 216.
12.30 AM **UFC Reloaded**
4.45 **UFC Fight Flashback**
5.15 **TNT Sports Cricket Reload**
5.30 **to 6.00** AM **Serie A – Full Impact**

Premier Sports 1

419 551

6.00 AM **Highlights**
9.00 **Scottish Football Social Club**
10.00 **Argentine Primera Highlights**
10.30 **LaLiga Specials**
11.30 **Eredivisie Highlights**
12.30 PM **Motorsport** From Le Mans.
1.00 **Sporting Greats**
1.30 **LaLiga Highlights**
2.00 **Euro Le Mans Highlights**
3.00 **Michelin Le Mans Cup**
3.30 **Top 14 Rugby Union Highlights**
4.30 **NASCAR Highlights**
5.30 **LaLiga Specials**
6.30 **World of FreeSports**
7.00 **Scottish Football Social Club**
8.00 **LaLiga Highlights**
9.00 **Eredivisie Highlights**
10.00 **Temples of Sport**
10.30 **LaLiga Match Highlights**
10.50 **Top 14 Rugby Union Highlights**
11.55 **Argentine Primera Highlights**
12.25 AM LIVE **CONMEBOL World Cup Qualifiers Argentina v Venezuela.** Kick-off **12.30am**.
2.30 **to 6.00** AM **Highlights**

Premier Sports 2

420 552

6.00 AM **SPFL** Another chance to see Dundee v Dundee United.
8.00 **LaLiga** Another chance to see Real Betis v Athletic Bilbao. **10.00** Celta Vigo v Villarreal.
12.00 NOON **LaLiga Specials** The best saves from the 2024/25 season.
12.30 PM **GP Confidential**
1.00 **Coppa Italia** AC Milan v Bari.
3.00 **Football's Greatest** The finest players discuss their careers.
4.00 **LaLiga** Espanyol v Osasuna. **6.00** Alavés v Atlético Madrid.
8.00 **Bike World** Magazine.
8.30 **Top 14 Rugby Union** Toulouse v Bordeaux Bègles in the final.
11.00 **United Rugby Championship** Leinster v Bulls in the Grand Final.
12.55 AM **LaLiga Specials**
1.25 LIVE **CONMEBOL World Cup Qualifiers Brazil v Chile.** Coverage of the game at Maracana Stadium. Kick-off is at **1.30am**.
3.30 **LaLiga Specials**
5.00 **to 6.00** AM **Temples of Sport**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1** Recent action.
1.00 PM **Formula 1** Dutch Grand Prix.
2.00 **F1 Drivers Press Conference**
2.40 **F1 Features**
3.00 **Formula 1** Italian Grand Prix.
4.00 **F1 Drivers Press Conference**
4.40 **F1 Features**
5.00 **Formula 1** The Dutch Grand Prix.
6.00 **F1 Drivers Press Conference**
6.40 **F1 Features**
7.00 **Formula 1** Recent action.
9.00 **F1 Drivers Press Conference**
9.40 **F1 Features**
10.00 **Formula 1** Italian Grand Prix.
11.00 **F1 Drivers Press Conference**
11.40 **F1 Features**
12.00 M'T **Formula 1** Dutch Grand Prix.
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Friday

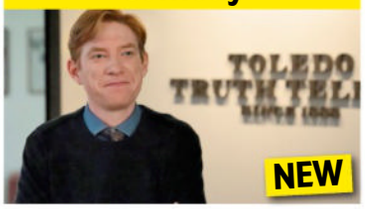
5 September

Evening Planner

Football

Women's Super League
Sky Sports Main Event, Sky Sports Football & Sky Sports Mix, k-o 7.30pm
Champions Chelsea take on Manchester City in the opening game of the season.

Comedy



The Paper
Sky Max & Sky Showcase, from 9pm
A camera crew arrive at the offices of the *Toledo Truth Teller* for this mockumentary series starring Domhnall Gleeson.

Comedy

Mitchell and Webb Are Not Helping
C4, 10pm (box set, C4 Streaming)
Robert Webb and David Mitchell reunite for this new comedy sketch series.

OnDemand

tv+

Highest 2 Lowest
Available today
Denzel Washington stars in this Spike Lee crime thriller about the abduction of a music mogul's son.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 Our Lives...	8.00 Here We Go	8.30 MasterChef	9.00 Stranded on Honeymoon Island		10.00 News; Local News	10.40 Mix...
	102 BBC2	7.00 Beechgrove...	7.30 International Football – Live: Denmark v Scotland (Kick-off 7.45)					10.00 Mortimer &...	10.30 Newsnight
	103 ITV1	◂ 6.30 News †	7.30 Emmerdale	8.00 Coronation Street		9.00 Who Wants to Be a Millionaire?...		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 The Great British Bake Off: An Extra...		9.00 Gogglebox		10.00 Mitchell and Webb Are Not Helping	
	105 5	7.00 A Country Life for Half the Price with...		8.00 Michael Palin: Into Iraq		9.00 Boxing: Conlan vs Bateson – Live: Michael Conlan v Jack Bateson			
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 An Idiot Abroad 2		9.00 The Paper			
ENTERTAINMENT	115 BBC3	7.00 Horrible Histories		8.00 Top Gear		9.00 Tommy: The Good. The Bad. The Fury		10.00 Film: The Inspection	
	116 BBC4	7.00 TOTP: 1998		8.00 Classic Thriller Soundtracks at the Proms			9.50 TOTP: 1991		10.20 TOTP: 1981
	118 ITV2	7.00 Deal or No Deal		8.00 The 1% Club		9.00 Film: The Suicide Squad			
	136 MORE4	◂ 6.55 Location, Location, Location	7.55 Grand Designs			9.00 Inspector Gerri		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons		8.00 First Dates: Valentine's		9.00 Film: Venom: Let There Be Carnage			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Chicago Med		9.00 Chicago Fire		10.00 Chicago PD	
	108 SKY ATLANTIC	7.00 Homicide: Life on the Street		8.00 Game of Thrones		9.00 The Pacific		10.00 The Wire	
	110 U&GOLD	7.00 Dad's Army: The Lost...	7.40 Porridge		8.20 Blackadder the Third		9.40 Not Going Out		10.20 The Office
	111 U&DAVE	7.00 Would I Lie to You?	7.35 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.50 Heartbeat		8.00 Midsomer Murders				10.00 Law & Order: UK	
	120 ITV4	◂ 6.30 British Touring Car Championship...		8.00 Cycling: Tour of Britain Highlights		9.00 Film: Magnum Force			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Show		10.00 Iain Stirling's Roast the Internet	
	139 SKY SCI-FI	7.00 Primeval		8.00 Stargate Atlantis		9.00 The Ark		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 An Idiot Abroad 2		9.00 The Paper			
	109 U&ALIBI	7.00 Body of Proof		8.00 Death in Paradise		9.00 Father Brown		10.00 Mudtown	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Guy Garvey: From the Vaults		9.00 Opry Live		10.00 Liam Gallagher Live: Knebworth 22	
	132 U&W	7.00 MasterChef Australia		8.00 Inside the Ambulance		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers: Dream Car		8.00 Deadliest Catch		9.00 Expedition Bigfoot		10.00 Expedition X	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Guardians of Rescue		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation				9.00 Area 51: I Was There		10.00 Area 51: The CIA's Secret Files	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 The Egyptian Book of the Dead				10.00 Ancient Aliens Special Presentation	
	155 U&YESTERDAY	7.00 Tropic of Capricorn		8.00 'Allo 'Allo!				10.00 Bangers & Cash: Restoring Classics	
	121 SKY DOCS	7.00 Bowie: The Man Who Changed the World				9.00 27: Gone Too Soon			10.30 Film: Amy
FILMS - Sky Cinema	301 PREMIERE		7.15 Restless			9.00 The Brutalist			
	302 90s	◂ 6.20 The Nutty Professor		8.00 Ace Ventura Pet Detective			9.30 Ace Ventura: When Nature Calls		
	303 HITS	◂ 5.55 The Birds		8.00 Chicago				10.00 Jack Reacher: Never Go Back	
	304 GREATS	◂ 6.00 Sleepless in Seattle		8.00 Footloose				10.00 Grease	
	305 ANIMATION		7.05 Hotel Transylvania 3: Summer Vacation		8.45 Barnyard				10.20 The Wild Thornberrys...
	306 BACK TO SCHOOL	◂ 5.50 The Polar Express	7.45 Harold and the Purple Crayon				9.30 Barnyard		
	307 ACTION	◂ 5.35 William Tell		8.00 Gladiator II					10.30 Chappie
	308 COMEDY	◂ 6.00 Miss Congeniality		8.00 Miss Congeniality 2: Armed and Fabulous				10.05 Crazy Rich Asians	
	309 THRILLER	◂ 5.40 Vanilla Sky		8.00 Now You See Me				10.00 Barbarians	
	310 DRAMA	◂ 6.00 Lee		8.00 Dunkirk			9.50 Footloose		
	311 MONSTERS	◂ 5.55 Godzilla		8.00 Godzilla x Kong: The New Empire				10.00 Godzilla	
	313 FILM4	◂ 6.30 Hunter Killer				9.00 Django Unchained			
SPORT	401 MAIN EVENT	◂ 6.30 Football: WSL – Live: Chelsea v Manchester City (Kick-off 7.30)					9.30 US Open Tennis – Live: Coverage of day 13 of the Grand Slam		
	402 PREMIER LEAGUE	7.00 Big Interview	7.30 PL Stories	8.00 Match Officials...	8.30 Transfer 360	9.00 Big Interview	9.30 PL Stories	10.00 PL Icons	10.30 My Origin Story
	403 FOOTBALL	◂ 6.30 Football: WSL – Live: Chelsea v Manchester City (Kick-off 7.30)						10.00 SPFL Highlights	10.30 EFL Highlights
	405 CRICKET	◂ 6.15 Vitality T20 Blast Cricket – Live: Durham v Hampshire Hawks					9.30 One-Day International Cricket		10.30 The Hundred...
	410 TNT SPORTS 1	7.00 MLB – Live: Chicago Cubs v Washington Nationals (Start-time 7.20)						10.15 Hard Knocks	
	411 TNT SPORTS 2	7.00 IFSC Climbing World Cup – Live: Coverage of the men's and women's lead semi-finals in Koper, Slovenia						10.00 FIM Speedway Grand Prix Highlights	

◂ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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Friday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **The Moment of Proof** (S)(R)(AD)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Sister Boniface Mysteries** *The It Girl:* 3/12. The money-obsessed manager of a supermodel sensation is found dead in a locked room. (S2) (S)(R)(AD)
2.45 **Escape to the Country** (S)(R)
3.45 **The Travelling Auctioneers** New edition A man needs help clearing out his mum's home. (S)
4.30 **The Answer Run** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 Here We Go

7 PM

7.00 **The One Show** Lauren Laverne and JB Gill present the topical show. (S)
7.30 **Our Lives: Dolphin Town** New edition The lives of bottlenose dolphins in the bay at New Quay, Ceredigion. (S)(AD)

8 PM

8.00 **Here We Go** Series finale 7/7. Paul is going to be Atlas's godfather. (S)(AD) ■ Entire series on BBC iPlayer
8.30 **MasterChef** New edition 15/24. The hopefuls must prepare dishes that celebrate beans. (S)(AD)

9 PM

9.00 **Stranded on Honeymoon Island** New edition 3/12. A mysterious crate drifts ashore to help the honeymooners get better acquainted, and tensions start to spill over at the first ever Couples' Cove. (S)(AD)

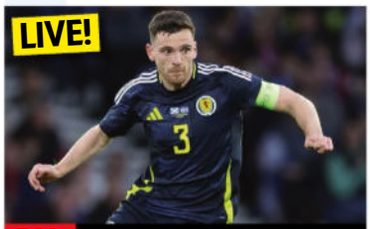
10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Mix Tape** 3/4. In 1989, Alison's home life goes from bad to worse as she takes on caring for Peter on top of trying to help her mother deal with her alcoholism. In 2015, Daniel struggles with Alison's revelations about what occurred in their relationship 20 years ago. (S1) (S)(R)(AD)
11.35 **Mix Tape** 4/4. In 1989, Daniel is left reeling and heartbroken at Alison's sudden disappearance, while in 2015 a betrayal takes him by surprise, but forces him to confront the fact that he has to fight for what he loves. (S1) (S)(R)(AD)
12.35 AM **Weather for the Week Ahead**
12.40 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.15 AM **Clean It, Fix It** (S)(R)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: Anna Haugh's Big Irish Food Tour** (S)(R)(AD)
8.30 **Sign Zone: Great Continental Railway Journeys** (S)(R)
9.00 **BBC News** (S)
12.30 PM **Political Thinking with Nick Robinson** Political discussion. (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Bridge of Lies** Game show. (S)(R)
2.30 **The Tournament** Quiz. (S)(R)
3.15 **Great British Menu** (S)(R)
4.15 **Yellowstone: The Toughest Spring** 2/3. Winter turns to spring. (S)(R)
5.15 **Flog It!** Paul Martin hosts from Newby Hall, North Yorkshire. (S)(R)
6.00 **Richard Osman's House of Games** With Janet Ellis. (S)(R)
6.30 **Great Coastal Railway Journeys** A visit to the Isles of Scilly. (S)(R)



7.30 International Football

7.00 **Beechgrove Garden** New edition Calum Clunie and George Anderson dig up this year's main potato crop. (S)
7.30 **LIVE International Football** Denmark v Scotland: Kelly Cates presents coverage of both teams' opening FIFA World Cup Group C qualifier, held at Parken Stadium in Copenhagen. Denmark have qualified for the last two World Cups and will fancy their chances of doing so once again, while Scotland are aiming to reach the finals of the competition for the first time since 1998. The sides were also in the same qualifying group for the last World Cup, and both contests ended in 2-0 home wins. Kick-off is at 7.45. (S)

10.00 **Mortimer & Whitehouse: Gone Fishing** 4/6. Bob and Paul head to the Norfolk Broads. (S)(R)(AD)
10.30 **Newsnight** (S)
11.00 **FILM Dark Waters** Drama starring Mark Ruffalo and Anne Hathaway. A defence attorney takes on a lawsuit against a chemical company and unravels a history of pollution. (S)(AD) (2019, 12, 120min) ★★★★
1.00 AM **Sign Zone: Panorama – The £170 Million Diamond Scam** (S)(R)
1.30 **Sign Zone: The Moment of Proof**
2.00 **Sign Zone: Murder Case: The Vanishing Cyclist** (S)(R)(AD)
3.00 **Sign Zone: The Great Art Fraud**
4.00 **to 6.00** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and his team assess items in Bradford, where Alison Chapman has her eye on a jewellery gift for her 10-year-old granddaughter. (S)(R)(AD)
3.00 **Tenable** Warwick Davis hosts as a team of five players answer questions about top 10 lists. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

10.45 War for the Planet of the Apes

7.30 **Emmerdale** Paddy makes a terrible realisation, Aaron is vulnerable, and Robert is worried.(S)(AD)

8.00 **Coronation Street** Debbie takes over the dementia choir, Roy runs into Evelyn at the hospital, Billy plays into Theo's hands, Brody and Dylan get caught stealing a car, while George lends Christina a shoulder to cry on. (S)(AD)

9.00 **Who Wants to Be a Millionaire? Celebrity Special** Jeremy Clarkson hosts a celebrity version of the big-prize quiz as Tony Bellew and Julie Hesmondhalgh try to answer questions to win cash for their chosen charities. (S)(R)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **FILM War for the Planet of the Apes** Sci-fi adventure sequel starring Andy Serkis and Woody Harrelson. A devastating conflict erupts between humans and intelligent primates in a post-apocalyptic future. (S) (2017, 12, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.00 AM **Teleshopping**
3.00 **One Night** *Tess:* 3/6. Eden tracks Tess down and asks her about the crime at the heart of the novel. (S1) (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Katie Piper's Weekend Escape** (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.30 AM **The King of Queens** (S)(R)(AD)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** (S1&2) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From Spring, Texas. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun: What Happened Next?** (S)(R)
4.00 **Help! We Bought a Village** New edition Martine uncovers fascinating artefacts while painting a picture of her village's history. (S)
5.00 **Chateau DIY** Amy and Marc have a mountain to climb in the garden ahead of the picnic. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** A hunt for a property in Alicante for a couple from Glasgow. (S)(R)

9.00 Gogglebox

7.00 **News** (S)

8.00 **NEW SERIES Great British Bake Off: An Extra Slice** 1/10. Jo Brand and Tom Allen are joined by Jonathan Ross and the first baker to leave the tent as they take a look at the bakes brought along by the studio audience. (S)(AD)

9.00 **NEW SERIES Gogglebox** The armchair critics gather in front of their TVs once more to offer their views on the week's programming highlights. (S)(AD)

10.00 **NEW SERIES Mitchell and Webb Are Not Helping** 1/6. Comedy sketches, with David Mitchell and Robert Webb. *See feature, page11.* (S)(AD) ■ Entire series on C4 streaming
10.35 **FILM American Pie** Comedy starring Jason Biggs. A group of teenage friends pledge to lose their virginity before the school prom. (S) (1999, 15, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.25 AM **FILM Jerry & Marge Go Large** Fact-based comedy drama. (S) (2022, 12, 95min) ★★★★
2.00 **Educating Yorkshire** (S)(R)(AD)
2.55 **Ramsay's Kitchen Nightmares USA** From Arizona. (S)(SL)(R)
3.45 **to 6.00** AM **Four in a Bed** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley and Guests** (S)
12.30 PM **Vanessa** Discussion. (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)
2.20 FILM **Mystery 101: Deadly History** Crime drama starring Jill Wagner and Kristoffer Polaha. (S) (2021, PG, 100min) ★★
4.00 **All Creatures Great and Small** *Edward:* 5/7. Siegfried and Tristan are left in charge of Skeldale House. (S3) (S)(R)(AD)
5.00 **News** (S)
6.00 **Bargain-Loving Brits in the Sun** Wayne and Lisa prepare to move from the holiday hotspot of Torremolinos to Torrox Pueblo. (S)(R)(AD)
6.55 **News** (S)

7.00 A Country Life for Half the...

7.00 **A Country Life for Half the Price with Kate Humble** Series finale 8/8. Kate heads back to Aberdeenshire to catch up with Sammy and Charlie. (S)
7.55 **News** (S)

8.00 **Michael Palin: Into Iraq** 2/3. Michael continues his journey into the heart of Iraq, arriving in Kirkuk and the exact spot where the British discovered oil in 1927, when the country was under British rule. (S)(R)(AD)

9.00 LIVE **Boxing** Michael Conlan v Jack Bateson: Coverage of the bout for the WBC International Featherweight title, held at 3Arena in Dublin. Belfast-born Conlan returned to the ring in March with a winning effort against Asad Asif Khan after suffering back-to-back defeats at the hands of Luis Alberto Lopez and Jordan Gill in 2023. He now takes on Leeds' Bateson, who was last in action in December 2024, when he had a technical draw with Danny Quartermaine after the fight was cut short due to a clash of heads in the second round. (S)
11.25 **When Parties Go Horribly Wrong** Nightmare moments from disastrous gatherings. (S)(R)
1.25 AM **PlayOJO Live Casino Show**
3.25 **Fergie vs Diana: Royal Wives at War** Documentary. (S)(R)
4.40 **The QE2** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
7.00 **Breakfast with Anna Jones**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S5) (S)(R)
11.00 **Big Cat Country** (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S2) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 15/22. (S6) (S)(R)(AD)
5.00 **The Simpsons** *The Longest Marge:* Marge and Mr Burns fight for the soul of a brash young football prodigy (S)(R) **5.30** *Lisa the Simpson:* Lisa fears she will end up stupid. (S)(R) **6.00** *Pixelated and Afraid:* Homer and Marge get lost in an icy wilderness. (S)(R) **6.30** *Boyz N the Highlands:* A weekend in the wilderness takes a dark turn. (S)(R)

7.00 The Office (US)

7.00 **The Office (US)** *Boys and Girls:* 15/22. Michael holds a seminar for his male colleagues. (S)(R) **7.30** *Valentine's Day:* 16/22. The staff members plan festivities to celebrate Valentine's Day. (S2) (S)(R)

8.00 **An Idiot Abroad 2** 2/8. Karl Pilkington boards the Trans-Siberian Express to China. During the journey, he fights Mongolian wrestlers and pays a visit to a village of dwarves. (S)(R)

9.00 NEW SERIES **The Paper** *Pilot:* 1/10. Spin-off comedy from *The Office (US)*, starring Domhnall Gleeson. **9.30** New episode *The Five Ws:* 2/10. A documentary crew follow the staff of a declining newspaper.

10.00 **The Paper** New episodes *Buddy and the Dude:* 3/10. The newspaper tries to resurrect itself with volunteer reporters. **10.30** *TTT vs The Blogger:* 4/10. Spin-off comedy. *See feature, page 8.* (S1)

11.00 **Peacemaker** New episode 3/8. Superhero action comedy spin-off starring John Cena. (S2)
11.50 **Boardwalk Empire** 5&6/12. Double bill. (S1) (S)(R)
2.05 AM **Sex and the City** (S1) (S)(R)
2.40 **Road Wars** (S)(R)
3.10 **NCIS: Los Angeles** (S14) (S)(R)
4.05 **S.W.A.T.** 15/22. (S6) (S)(R)(AD)
5.00 **Motorway Patrol** (S)(R)
5.30 **to 6.00** AM **Monkey Life** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations
N. IRELAND
Sky 966, Virgin 863, Freesat 966
7.30-8.00pm Paula McIntyre's Hamely Kitchen USA (S)(R) **10.40** How's She Cuttin'? (S)(R) **11.10** Our Lives: Dolphin Town New edition (S)(AD) **11.40** Mix Tape (S)(R) **1.35-6.00am** BBC News (S)
WALES
Sky 965, Virgin 864, Freesat 965
7.30-8.00pm Back in the Day New edition (S) **10.40** Rewind: 60 Years of Welsh Pop – Swansea New edition (S) **11.10** Mix Tape (S)(R) **1.05-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm True North: Healy 1 England 0 – A Football Miracle (S)(R) **11.00** Saving Lives at Sea New edition (S)(AD) **12.00m't-1.00am** Disaster at Sea: The Piper Alpha Story (S)(R)(AD)
WALES
Sky 968, Freesat 968
No variations

ITV1

As main ITV1 except:
WALES
7.00-7.30pm Wales This Week New edition (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Dim Byd i'w Wisgo **12.30** Heno **1.00** Gwladfa: Gwilym Bowen Rhys **1.30** Codi Hwyl (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Gwesty Aduniad **4.00** Awr Fawr **5.00** Stwnsh **6.00** Teulu Shadog: Tymhorau'r Flwyddyn (AD) **6.30** Garddio a Mwy **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Triathlon Cymru **8.55** Newyddion a'r Tywydd **9.00** Rygbi Cymru: Y Gêm yn y Gwaed **10.00** Curadur **10.30-11.35pm** Ty Ffit

TV&Satellite week
New issue on sale now

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Horrible Histories** World War One soldiers attempt to cure frostbite. **7.30** Two Celtic warriors engage in a rap battle.
7.55 **The Catch Up**
8.00 **Top Gear** The team take part in a classic car rally.
9.00 **Tommy: The Good. The Bad. The Fury** 5/6. Tommy closes the deal for the fight. **9.30** 6/6. Tommy faces his long-awaited comeback fight in Budapest.
10.00 FILM **The Inspection** Drama starring Jeremy Pope and Gabrielle Union. A young, gay black man, rejected by his mother and with few options for his future, decides to join the Marines. (2022, 15, 95min) ★★★★
11.30 **Bump** 1&2/10. (S3)
12.30 AM **The Fast and the Farmer-ish** From Scotland.
1.00 **Top Gear** As 8.00pm.
2.00 **Press X on the BBC**
2.10 **Chloe Ayling: My Unbelievable Kidnapping**
3.00 **to 4.00** AM **Ashley Cain: Into the Danger Zone**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **TOTP: 1998** Featuring The Corrs, Simply Red, LeAnn Rimes and Aqua. **7.30** Performances by Steps, Imaani and All Saints.
8.00 NEW **Classic Thriller Soundtracks at the Proms** Edith Bowman presents a Prom from London's Royal Albert Hall celebrating the work of Alfred Hitchcock's favourite composer Bernard Herrmann, featuring themes from *Taxi Driver, Psycho* and *Vertigo*.
9.50 **TOTP: 1991** Featuring Oceanic, Sonia, Zoe, Utah Saints and Kylie Minogue.
10.20 **TOTP: 1981** Music by The Teardrop Explodes, OMD, Soft Cell and Gary Numan.
11.00 **Songs Inspired by the Movies at the BBC** Hits inspired by big-screen stars and classic movie moments.
12.50 AM **Sings Bond** A selection of performances of Bond theme tunes over the years.
1.50 **TOTP: 1998**
2.50 **TOTP: 1991**
3.20 **to 4.00** AM **TOTP: 1981**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
10.30 **A Place in the Sun: Home or Away**
11.35 **A Place in the Sun**
12.35 PM **Come Dine with Me**
3.10 **Four in a Bed**
5.55 **Location, Location, Location Australia** Series finale Mitch Edwards and Mark McKie look for dream homes in Melbourne.
6.55 **Location, Location, Location** From Oxfordshire and Gloucestershire.
7.55 **Grand Designs** Kevin McCloud follows a London couple's project to transform an inefficient and uninspiring 1950s house into a sleek, modernist masterpiece.
9.00 **Inspector Gerri** New episode *You Are My Guardian – Part One:* 5/8. The discovery of human bones in a cave in the countryside sparks a police investigation, and forensics reveal they belonged to a young boy. Subtitled. (S1)
10.00 **24 Hours in A&E** A 72-year-old woman's family faces a big decision when she is found to have a blood clot on her brain.
11.05 **24 Hours in A&E**
12.05 AM **999: On the Front Line** Documentary.
1.10 **24 Hours in A&E**
3.20 **to 3.45** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **Brooklyn Nine-Nine**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** (S4&5)
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons**
7.00 **The Simpsons** *Homer and Lisa Exchange Cross Words:* Homer and Lisa discover they have hidden talents. **7.30** *Bart v Lisa v the Third Grade:* Lisa is thrilled to be moved up a grade at school.
8.00 **First Dates: Valentine's** Two singletons who work in the wedding industry hope to find love on Valentine's Day.
9.00 FILM **Venom: Let There Be Carnage** Comic-book fantasy sequel starring Tom Hardy. Eddie Brock attempts to re-ignite his career by interviewing a serial killer. (2021, 15, 97min) ★★★
10.55 **Naked Attraction**
1.00 AM **The Big Bang Theory**
2.00 **The Simpsons**
2.25 **Modern Family**
3.15 **Naked Attraction**
4.10 **Young Sheldon**
5.00 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

Friday primetime primetime

FRIDAY Entertainment

Friday

Sky Witness

107 107 110 341 356

6.00 AM **Motorway Patrol**
7.00 **Border Security: America's Front Line** Double bill.
8.00 **Border Patrol**
9.00 **UK Border Force**
10.00 **Brit Cops: Law & Disorder**
11.00 **Bondi Rescue**
12.00 NOON **FBI** 12/22. The team investigate the murder of a professional informant. (S5)
1.00 PM **FBI: International** 11/22. The Fly Team search for a kidnapped teen in Austria. (S2)
2.00 **Caught on Dashcam**
4.00 **Nothing to Declare**

8.00 Chicago Med

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Chicago Med** New episode *The Stories We Tell Ourselves:* 19/22. Maggie and Goodwin's friendship is tested. (S10)

9 PM
9.00 **Chicago Fire** New episode *Permanent Damage:* 19/22. Severide looks into a house fire from 10 years previously. (S13)

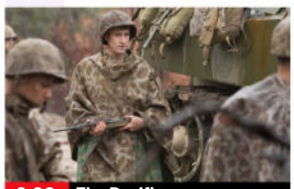
10 PM
10.00 **Chicago PD** New episode *Name Image Likeness:* 19/22. Cook works with a confidential informant for the first time. (S12)
11.00 **The Good Doctor** 4/20. The doctors grapple with a difficult decision. (S4)
12.00 M'T **New Amsterdam** (S5)
1.00 AM **The Equalizer** 18/18. (S2)
2.00 **Caught on Dashcam**
4.00 **Send in the Dogs**
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
7.00 **Fish Town**
8.00 **True Blood** 3&4/10. (S6)
10.05 **Westworld** 9&10/10. (S1)
12.45 PM **Game of Thrones** (S2)
1.45 **Das Boot** 5&6/8. (S1)
4.00 **True Blood** 5/10. Sookie arranges for Lafayette to summon her dead parents. **5.00** 6/10. Bill seeks out Lillith for advice on handling the escalating crisis. (S6)
6.00 **Homicide: Life on the Street** 9/9. Munch faces the break-up of his relationship. (S1)


9.00 The Pacific

7.00 **Homicide: Life on the Street** *Bop Gun:* 1/4. Howard isn't convinced of a youth's confession to murdering a woman. (S2)
8.00 **Game of Thrones** *The Ghost of Harrenhal:* 5/10. Arya receives a favour from the man she freed from Harrenhal. (S2)
9.00 **The Pacific** *Peleliu Hills:* 7/10. Basilone becomes disillusioned with his role selling war bonds. (S1)
10.00 **The Wire** *The Pager:* 5/13. Carver and Herc track down Bodie, and Omar makes McNulty and Greggs an offer. (S1)
11.10 **The Sopranos** 9/13. (S2)
12.10 AM **The Time Traveler's Wife** 6/6. The future Clare envisioned with Henry slips out of reach. (S1)
1.10 **Gomorrah** 5&6/12. (S3)
3.00 **Game of Thrones** As 8pm.
4.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S2)
8.00 **The Blacklist** 12/22. (S9)
9.00 **Stargate Atlantis** (S5)
11.00 **SEAL Team** 7/20. (S3)
12.00 NOON **The Blacklist** (S9)
1.00 PM **Hawaii Five-0** (S2)
3.00 **NCIS: Los Angeles** (S14)
4.00 **S.W.A.T.** 15/22. Hondo and Deacon struggle with the team's newest members. (S6)
5.00 **SEAL Team** 6/20. Ray and Clay fight off enemy attackers. (S3)
6.00 **Stargate Atlantis** 5/20. The city is threatened by a series of power failures. (S5)

9.00 The Paper

7.00 **Stargate Atlantis** *The Shrine:* 6/20. McKay falls victim to a deadly parasite that has attached itself to his brain. (S5)
8.00 **An Idiot Abroad 2** Karl boards the Trans-Siberian Express to China. During the journey, he is forced to fight Mongolian wrestlers.
9.00 **NEW SERIES The Paper** 1&2/10. Double bill of the comedy spin-off from *The Office (US)*, starring Domhnall Gleeson.
10.00 **The Paper** New episodes 3&4/10. A documentary crew follow the staff of a declining newspaper. *See feature, page 8.* (S1)
11.00 **Peacemaker** 3/8. Superhero action comedy spin-off. (S2)
12.00 M'T **S.W.A.T.** 7/22. When two students are brutally attacked, 20-Squad contend with a possible honour killing. (S8)
1.00 AM **Strike Back: Vendetta**
2.00 **NCIS: Los Angeles** (S14)
4.00 **S.W.A.T.** 15/22. (S6)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.40 **Billie and Greg**
9.35 **The Only Way Is Essex**
10.15 **Real Housewives of Potomac**
11.10 **Real Housewives of New...**
12.05 PM **Buying the View**
12.35 **Billie and Greg**
1.35 **The Only Way Is Essex**
2.35 **The Bachelor Australia** New edition Reality show.
4.05 **Real Housewives of Potomac**
5.00 **Real Housewives of New Jersey** Reality series.
6.00 **Celebrity Catchphrase**

9.00 The Suicide Squad

7.00 **Deal or No Deal** Stephen Mulhern hosts as a contestant takes on the Banker for the chance to win life-changing money.
8.00 **The 1% Club** Quiz show hosted by comedian Lee Mack in which the questions are all about logic and common sense.
9.00 **FILM The Suicide Squad** Comic-book comedy adventure starring Idris Elba. Supervillains Harley Quinn, Bloodsport, Peacemaker and a rag-tag bunch of cons at Belle Reve prison join a secret task force. (2021, 15, 132min) ★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
11.40 **Family Guy** 10/20. Lois gets a job at the school. (S18)
12.10 AM **Family Guy** 2/20. (S18)
12.40 **American Dad!** (S14&13)
1.40 **Bob's Burgers** 11/22. (S9)
2.05 **Plebs** 3&4/8. (S4)
3.00 **Teleshopping**
4.00 **to 4.30** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.05 **Doc Martin** 1&2/9. (S2)
10.15 **The Royal** *Holding on Tight.*
11.20 **Heartbeat** Double bill.
1.30 PM **Classic Emmerdale**
2.30 **Classic Coronation Street**
3.35 **Doc Martin** *Blood Is Thicker:* Al discovers a family secret. **4.40** *Aromatherapy:* The GP is baffled by a patient's bad case of body odour.
5.45 **Heartbeat** *Hot Rocks:* Lord Ashfordly's sister returns home with her new fiancé in tow.

8.00 Midsomer Murders

6.50 **Heartbeat** *Shadows and Substances:* Blaketon is appointed nuclear warning officer and sends Greegrass on a mission.
8.00 **Midsomer Murders** *The Made-to-Measure Murders:* Barnaby and Jones investigate when a woman is stabbed in a churchyard two years after the death of her husband. Guest stars James Wilby and Karl Davies.
10.00 **Law & Order: UK** *Crush:* 3/6. A man obsessed with a call girl is accused of her murder. Guest stars Greg Wise. (S5)
11.00 **Law & Order: UK** 4/6. Two killers go on a shooting rampage in London. (S5)
12.00 M'T **Professor T** 4/6. The professor is desperate to get back to his work. (S3)
1.00 AM **The Tower** 1/4. (S3)
2.00 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **LIVE International Football** Denmark v Scotland: Kelly Cates presents coverage of both teams' opening FIFA World Cup Group C qualifier, held at Parken Stadium in Copenhagen. Kick-off is at 7.45.
10.15 **Still Game** 4/6. Jack and Victor ask an old friend for help. (S3)
10.45 **Jules and Greg's Wild Swim** Julie Wilson Nimmo and Greg Hemphill head to the lochs of the Highlands.
11.15 **Best of Chewin' the Fat** 9/10. Highlights of the comedy sketch show, with Ford Kiernan, Greg Hemphill and Karen Dunbar. (S1)
11.45 PM **to 12.00** M'T **Short Stuff** Compilation of comedy sketches.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **The Conners** (S4)
10.00 **Sex and the City** (S3&4)
11.20 **Girls** 5&6/10. (S1)
12.30 PM **The Office (US)**
1.30 **The Conners** (S4)
2.30 **The Office (US)** (S2)
3.30 **Will & Grace** (S2)
4.30 **Sex and the City** (S4)
5.45 **The Office (US)** (S2)
6.45 **Will & Grace** (S2)
7.45 **Sex and the City** 4/18. Charlotte is furious with Trey for not asking her to move in with him. **8.25** 5/18. Miranda has mixed feelings when Steve announces he is opening his own bar. (S4)
9.00 **Rose Matafeo: On and On and On** Stand-up.
10.15 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
11.15 **And Just Like That...**
12.00 M'T **Entourage** (S3)
1.00 AM **Veep** 9&10/10. (S5)
2.10 **Curb Your Enthusiasm**
3.40 **to 5.00** AM **Barry**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **André Rieu & the Dutch Royal Family**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **David Hockney: In Normandy**
3.00 **Classic Literature & Cinema** Romance.
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Guy Garvey: From the Vaults** Music from 1982.
9.00 **Opry Live** New edition
10.00 **Liam Gallagher Live: Knebworth 22**
11.40 **Liam Gallagher: Knebworth 22**
1.40 AM **Greatest Albums Live** With Stereophonics.
3.10 **Discovering: Pink Floyd**
3.40 **to 6.00** AM **National Treasures**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S7)
6.00 **Nothing to Declare**
6.30 **LIVE Football: WSL** Chelsea v Manchester City: The opening match of the WSL campaign, held at Stamford Bridge. Kick-off is at 7.30. *See feature, page 28.*
10.00 **Forensics: Catching the Killer** Documentary.
11.00 **Grimm** 9/13. (S6)
12.00 M'T **Killer in My Village**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
2.00 **Ant & Dec's Limitless Win** Jackpot quiz show.
3.00 **Tenable** Double bill of the quiz show hosted by Warwick Davis.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Ellie takes on the ruthless Banker.
6.00 **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts as Guy takes on the ruthless Banker.
9.00 **Deal or No Deal Celebrity Special** With *Coronation Street* star Simon Gregson.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shepherd.
12.50 AM **Deal or No Deal Celebrity Special**
1.45 **to 2.00** AM **Unwind**

Great! TV

157 167 170 34 32

8.00 AM **Diagnosis Murder**
10.00 **Little House on the Prairie** 9&10/24. (S4)
1.00 PM **Diagnosis Murder**
3.00 **Murder, She Wrote**
4.00 **Danielle Steel's Remembrance** Drama starring Eva La Rue.
6.00 **Rumpole of the Bailey**
7.00 **Rising Damp** 2/7. (S1)
7.30 **Man About the House**
8.00 **A Fine Romance** (S1)
8.30 **Home to Roost** (S1)
9.00 **FILM Beverly Hills Cop** Comedy thriller starring Eddie Murphy and Judge Reinhold. (1984, 15, 105min) ★★★★
11.15 **Rising Damp** 2/7. (S1)
11.45 **Man About the House**
12.15 AM **M*A*S*H** (S10)
1.15 **Home to Roost** (S1)
1.45 **A Fine Romance** (S1)
2.25 **Danielle Steel's Remembrance** As 4pm.
4.05 **Highway to Heaven**
4.50 **to 5.00** AM **Good News from Great! Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Saint**
7.00 **Kojak** Double bill.
9.05 **Magnum, PI**
10.10 LIVE **Cycling: Tour of Britain** Ned Boulting presents coverage of the fourth stage, a 194.9km route from Atherstone to Burton Dassett Hills Park, passing through all five boroughs of Warwickshire.
3.55 PM **The Protectors**
4.25 **Made in Britain**
4.55 **Magnum, PI**
5.55 **River Monsters** The Iliamna Lake monster in Alaska.

9.00 Magnum Force

6.30 **British Touring Car Championship Highlights** Nicki Shields presents action from Donington Park.
8.00 **Cycling: Tour of Britain Highlights** Action from stage four, a 194.9km route from Atherstone to Burton Dassett Hills Park.
9.00 FILM **Magnum Force** Thriller sequel to *Dirty Harry,* starring Clint Eastwood and David Soul. Inspector Harry Callahan and his partner Early Smith investigate a wave of underworld killings in San Francisco. (1973, 18, 117min) ★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
11.35 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling.
1.30 AM **Dark Side of the Ring** The troubled family life of Jake 'The Snake' Roberts.
2.20 **The Protectors**
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 11/26. (S1)
12.00 NOON **Star Trek: Enterprise**
1.00 PM **Star Trek: Deep Space Nine** 19/20. (S1)
2.00 **Primeval** 3/7. (S4)
3.00 **Star Trek: Enterprise** (S1)
4.00 **Stargate Atlantis** 3/20. (S4)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 11/26. Deanna Troi's mother visits with a surprising announcement. (S1)

11.00 True Blood

7.00 **Primeval** 3/7. Matt inadvertently rescues a mysterious woman trying to flee through an anomaly. (S4)
8.00 **Stargate Atlantis** *Reunion:* 3/20. The team stumble upon survivors from Ronon's homeworld. (S4)
9.00 **The Ark** *One Step Forward Two Steps Back:* 5/12. Sacrifices must be made when a radiation leak sparks a crisis. (S1)
10.00 **The Walking Dead** *A New Deal:* 18/24. Carol makes a deal with Pamela to wipe the slate clean on behalf of her friends. (S11)
11.00 **True Blood** 9/10. Bill tries to get Warlow away from the plain. **12.00** M'T 10/10. Sookie evaluates her future. (S6)
1.00 AM **Wynonna Earp** (S4)
2.00 FILM **Wynonna Earp: Vengeance** Sci-fi Western. (2024, 15, 96min) ★★★★
4.00 **Primeval** As 7.00pm.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S12)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 10/23. (S2)
11.00 **Hudson & Rex** 3/16. (S6)
12.00 NOON **Body of Proof** (S1)
1.00 PM **Death in Paradise** (S7)
2.00 **Murdoch Mysteries** (S12)
4.00 **The Mentalist** 10/23. (S2)
5.00 **Hudson & Rex** 3/16. When a judge disappears, Charlie and Rex piece are assisted by blind true crime podcaster. (S6)
6.00 **Father Brown** *The Last Man:* Kembleford's new cricket captain is framed for murder.

4.00 The Mentalist

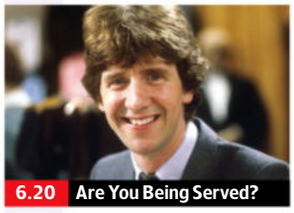
7.00 **Body of Proof** *Dead Man Walking:* 5/9. Megan investigates a fatality at the hospital where she used to work. (S1)
8.00 **Death in Paradise** *The Healer:* 4/8. A blind woman dies live on stage while being treated by a faith healer. (S7)
9.00 **Father Brown** *The Lord of the Dance:* A TV dancing contest turns deadly. Guest stars Angela Rippon.
10.00 **Mudtown** *Cuckoo in the Skull:* 3/6. Beca brings Sonny over for dinner, which only heightens Claire's distrust. (S1)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **White Collar** 11/16. Off the record, Neal reveals the secret story of his relationship with Kate to Peter. (S2)
1.00 AM **Death in Paradise** (S7)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.05 AM **Don't Wait Up**
7.50 **Keeping Up Appearances**
8.25 **Last of the Summer Wine**
9.40 **Are You Being Served?**
10.20 **Porridge**
11.00 **Last of the Summer Wine**
12.20 PM **Keeping Up Appearances**
1.00 **Dad's Army: The Lost Episodes** Double bill.
2.20 **Porridge**
3.00 **Last of the Summer Wine**
4.20 **Don't Wait Up**
5.00 **Blackadder II** Double bill.
6.20 **Are You Being Served?**


6.20 Are You Being Served?

7.00 **Dad's Army: The Lost Episodes** Frazer and Jones vie for promotion.
7.40 **Porridge** The inmates decide on a wager as the parole board gather.
8.20 **Blackadder the Third** The new prime minister plots to bankrupt the Prince Regent.
9.00 **Blackadder the Third** Edmund falls foul of an enraged Dr Johnson.
9.40 **Not Going Out** Tim accidentally picks up a coat containing a pocket full of drugs.
10.20 **The Office** Jennifer from head office arrives bearing bad news.
11.00 **Mrs Brown's Boys** Agnes throws Trevor a leaving party.
11.40 **Blackadder the Third**
1.00 AM **The Thin Blue Line**
1.40 **Not Going Out** As 9.40pm.
2.30 **The Office** As 10.20pm.
3.00 **to 4.00** AM **The Thin Blue Line**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Pointless** Quiz show.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Railroad Australia**
12.00 NOON **Storage Hunters UK**
2.00 PM **Railroad Australia**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Long Weekends** The chef visits the city of Bologna in northern Italy.
6.00 **Hairy Bikers' Best of British** Si and Dave celebrate Britain's love of seafood and explore the history of Billingsgate Market in east London.

10.00 Have I Got a Bit More...

7.00 **Would I Lie to You?** With guest panellists Sara Pascoe, Mary Portas, Paul Sinha and Rylan.
7.35 **Richard Osman's House of Games** With Tim Key and Jeff Stelling. **8.15** With David Baddiel, Charlotte Hawkins, Sophie Duker and Alex Brooker.
9.00 **QI XL** Guests Julia Zemiro, Sue Perkins and Ross Noble join regular panellist Alan Davies and host Stephen Fry.
10.00 **Have I Got a Bit More News for You** Steph McGovern hosts the satirical quiz, with Miles Jupp and Camilla Long.
11.00 **Taskmaster** Richard Osman makes use of a shopping trolley.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **Dave Gorman: Modern Life Is Goodish** Fatherhood.
3.00 **to 4.00** AM **Richard Osman's House of Games**

+1 hour 211/212 327 74 259

7 PM 8 PM 9 PM 10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
6.00 **A Place in the Sun: What Happened Next?**
7.00 **Kirstie and Phil's Love It or List It**
8.00 **Educating Yorkshire**
9.00 **24 Hours in A&E** A 91-year-old woman is rushed into A&E after falling over at home. **10.05** Patients' relatives explain how they have faced challenges together.
11.05 **Gogglebox** Double bill.
1.10 AM **Mitchell and Webb Are Not Helping**
1.45 **The Great British Bake Off** A new batch of bakers enter the tent.
3.15 **The Dog House**
4.15 **to 4.45** AM **Four in a Bed**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 5-7/24. (S8)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Two-Faced:* 20/24. The investigators worry Gibbs is about to leave the NCIS again. **7.00** *Dead Reflection:* 21/24. A navy lieutenant is found dead in a closet in the Pentagon. **8.00** *Baltimore:* 22/24. Tony's one-time Baltimore PD partner is murdered. (S8)
9.00 **Person of Interest** *All In:* 18/22. Reese and Finch discover a casino owner is using elderly customers to launder drug money. **10.00** *Trojan Horse:* 19/22. Finch infiltrates a hi-tech company. (S2)
11.00 **Law & Order: Special Victims Unit** (S19)
2.45 AM **Criminal Minds**
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 FILM **Total Recall** Sci-fi thriller remake starring Colin Farrell. In a post-apocalyptic future Earth, a worker unlocks memories of his past as a super-spy. (2012, 12, 113min) ★★★
11.20 **When Theme Parks Go Horribly Wrong**
1.25 AM **GPs: Behind Closed Doors** Medical series.
2.20 **The Resident** New episodes (S6)
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Motorway Patrol**
9.30 **Trucking Hell**
10.30 **Traffic Cops**
11.30 **Police Interceptors**
1.30 PM FILM **Rio Lobo** Howard Hawks' Civil War Western adventure starring John Wayne and Jennifer O'Neill. (1970, PG, 110min) ★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
7.00 LIVE **Boxing: Michael Conlan v Jack Bateson** The undercard from 3Arena in Dublin. *Continues on 5.*
9.00 **Police: Suspect No 1**
10.00 **The Motorway**
11.00 **MacGyver** 4/23. (S2)
12.00 M'T **La Brea** New episode *The Heist:* 5/14. Eve and Gavin try to gain access to the mysterious building. (S2)
1.00 AM **Coastguard: Search & Rescue SOS**
2.00 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **One Born Every Minute** Documentary.
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition It's a head-to-head battle between pairs of cooks matched with the same Lee Kum Kee sauce.
8.00 **Inside the Ambulance** Dan and Shane pick up a seriously ill patient.
9.00 **999 Rescue Squad** Emergency services respond to a shooting outside a mosque. **10.00** The team help to defuse a bomb.
11.00 **One Born Every Minute**
1.00 AM **Interior Design Masters with Alan Carr**
2.15 **to 3.00** AM **Amanda & Alan's Italian Job**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **Soldier, Soldier**
8.30 **Doctors**
9.50 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
1.00 PM **Classic EastEnders**
2.20 **Soldier, Soldier**
3.20 **The Doctor Blake Mysteries** 2/10. (S5)
4.20 **London's Burning**
5.20 **'Allo 'Allo!**
6.00 **Waiting for God**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Father Brown**
10.00 **New Tricks** *The English Defence:* A DNA sample from a rebellious teen provides a link to a killer.
11.20 **Spooks** *The Broadcast:* 7/10. Terrorists hijack a live TV broadcast. (S6)
12.40 AM **Lovejoy**
1.40 **'Allo 'Allo!**
2.25 **Waiting for God**
2.55 **to 4.00** AM **A Remarkable Place to Die**

+1 hr 243 316 60 260

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Devon.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** James Braxton and Raj Bisram's challenge takes them to Shrewsbury. **8.00** James and Raj head to their final auction in Somerset.
9.00 **Saving Lives at Sea** A Blackpool crew race to a teenager who has been swept out to sea. **10.00** An RNLI crew race to the rescue of a diver off the Dorset coast.
11.00 **Helicopter ER**
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase** Quiz show.
12.00 NOON **Who Wants to Be a Millionaire? Celebrity Special**
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Who Wants to Be a Millionaire? Valentine's Special**
5.00 **The Bidding Room**
7.00 **The Chase Celebrity Special** With guests Alex James, Sara Cox, Ann Widdecombe and Eamonn Holmes.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Who Wants to Be a Millionaire? Celebrity Special** Double bill of the big-money quiz.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

Great! Action

323 319 426 42 33

9.10 AM **Wanted: Dead or...**
9.50 **FILM Sink the Bismarck!** Drama. (1959, b/w, U, 97min) ★★★
12.00 NOON **Tombstone Territory** Double bill.
1.00 PM **FILM Coroner Creek** Western. (1948, PG, 89min) ★★
3.00 **Wanted: Dead or Alive**
4.00 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!** (S1)
7.00 **The Avengers** (S4)
8.00 **The New Avengers**
9.00 **FILM The Quick and the Dead** Western. (1995, 15, 108min) ★★★
11.20 **FILM Shadow Man** Thriller. (2006, 15) ★
1.20 AM **The Avengers**
2.20 **The New Avengers**
3.20 **Cops Uncut** Double bill.
4.10 **FILM Ape vs Monster** Sci-fi adventure. (2021, 12, 88min) ★★
5.35 **to 6.00** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.00 AM **FILM Her Son's Secret** Crime thriller. (2018, PG, 87min) ★★
10.00 **Unforgettable** 1/22. (S1)
11.00 **Castle** 1/10. (S1)
12.00 NOON **FILM White Hot: A Sandra Brown Mystery** Crime drama. (2016, PG, 85min) ★★
1.55 PM **FILM Martha's Vineyard Mysteries: A Beautiful Place to Die** Drama. (2020, PG) ★★
4.00 **Diagnosis Murder** (S5)
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 2/10. (S1)
8.00 **Unforgettable** 2/22. (S1)
9.00 **Ruth Rendell Mysteries: Road Rage**
11.15 **FILM Off the Rails** Drama. (2017, PG) ★★
1.10 AM **FILM Hidden Crimes** Thriller. (2009, 12) ★★
3.00 **FILM Killer Reputation** Thriller. (2019, 12) ★
4.25 **to 4.50** AM **Police Ten 7**

+1 hour 322

Great! Christmas

319 317 424 52 47

8.00 AM **FILM Santa's Secret** Drama. (2014, PG) ★★
10.00 **FILM Christmas Unwrapped** (2020) ★★
12.05 PM **FILM Christmas in Homestead** Drama. (2016, PG, 88min) ★★
2.00 **FILM Christmas in the Air** Drama. (2017, U) ★★
4.00 **FILM The Magical Christmas Shoe** Comedy. (2019, PG, 87min) ★★
6.05 **FILM Christmas Bells Are Ringing** Drama. (2018, PG, 90min) ★★
8.00 **FILM Christmas Connection** Romance. (2017, U, 90min) ★★
9.55 **FILM A Gift to Remember** Drama. (2017, U, 89min) ★★
11.50 **FILM Double Christmas** Comedy. (2019, U) ★★
1.50 AM **FILM Hats Off to Christmas!** Drama. (2013, PG, 85min) ★★
3.25 **to 4.50** AM **FILM Christmas in the Air**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
10.30 **You're Only Young Twice**
11.00 **I Dream of Jeannie**
11.30 **Jokers Wild**
12.00 NOON **Please Sir!** (S3)
12.30 PM **Don't Drink the...**
1.00 **FILM Scarlet Street** Thriller. (1945, b/w, PG, 101min) ★★★★
3.00 **Bramwell** 2/7. (S1)
4.00 **Born Free** 10/13. (S1)
5.00 **A Sharp Intake of Breath** 3/6. (S4)
5.30 **You're Only Young Twice**
6.00 **The Monkees** (S1)
6.30 **I Dream of Jeannie**
7.00 **Carry On Laughing** (S1)
7.30 **Don't Drink the Water**
8.00 **Jokers Wild**
8.30 **A Sharp Intake of...**
9.00 **Please Sir!** 8/14. (S3)
9.30 **Brass** 8/13. (S2)
10.00 **Game On** 1/6. (S1)
10.35 **Stereo Underground**
11.35 **The Monkees** (S1)
12.05 AM **FILM The Grand Duel** (1972, 15) ★★
2.05 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Maine Cabin Masters**
12.00 NOON **Alaskan Bush People** Documentary.
1.00 PM **Edge of Alaska**
3.00 **Alaska: Homestead Rescue** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** The fleet have to deal with a succession of unrelenting storms. **8.00** Another winter storm hits as Monte returns to the *Wizard*.
9.00 **Shorty's Dream Shop** The team turn the shell of a 1967 Nova into a mean street machine. **10.00** Shorty and Terry unearth a 1969 Impala.
11.00 **Mysteries of the Deep**
12.00 M'T **Naked and Afraid XL** Double bill.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **James Martin's Islands to Highlands**
7.00 **The Pioneer Woman**
9.00 **Jamie's 15 Minute Meals**
10.00 **Hairy Bikers: Route 66**
11.00 **Great British Bake Off**
12.30 PM **30 Minute Meals**
1.00 **James Martin's Favourite Feasts**
2.00 **James Martin's French Adventure**
3.00 **The Pioneer Woman**
4.00 **The Pioneer Woman** New editions Double bill.
5.00 **Jamie's 15 Minute Meals**
6.00 **Hairy Bikers: Route 66**
7.00 **Great British Bake Off**
8.30 **30 Minute Meals**
9.00 **Nigel's Simple Cooking**
10.00 **Paul Hollywood: City Bakes** From Jerusalem.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food with Casey Webb**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 19/24. (S8)
9.00 **The Fall Guy** 18/22. (S3)
10.00 **Charlie's Angels** (S1)
11.00 **The Curse of King Tut's Tomb** Adventure.
2.30 PM **FILM Treasure Island** Adventure. (1971, U, 95min) ★★★
4.25 **The Twilight Zone** (S1)
5.00 **Star Trek** 9/30. (S1)
6.00 **Charlie's Angels** (S1)
7.00 **The Fall Guy** 19/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM 12 Rounds** Action thriller with John Cena. (2009, 12, 103min) ★★
11.10 **FILM Heist** Thriller starring Robert De Niro. (2015, 15, 89min) ★★★
1.00 AM **FILM The Devil's Own** Thriller with Brad Pitt and Harrison Ford. (1997, 15, 111min) ★★
3.10 **to 5.05** AM **FILM Sweeney!** Big-screen spin-off from the TV cop series starring John Thaw. (1976, 18, 89min) ★★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **Impact** 2/2.
8.00 **FILM Triassic Hunt** Action adventure starring Michael Pare. (2021, 15, 86min) ★★
10.00 **Andromeda** 16/22. (S1)
11.00 **Impact** Disaster drama.
1.00 PM **FILM The Fabulous Journey to the Centre of the Earth** Fantasy starring Kenneth More. (1978, PG, 87min) ★★
3.00 **Andromeda** 16/22. (S1)
4.00 **The A-Team** 11/13. (S5)
5.00 **Impact** Disaster drama.
7.00 **Andromeda** 17/22. (S1)
8.00 **The A-Team** 12/13. (S5)
9.00 **FILM The Courier** Action thriller starring Olga Kurylenko, Gary Oldman and Amit Shah. (2019, 18, 99min) ★
11.00 **FILM War Pigs** World War Two adventure starring Luke Goss. (2015, 15, 88min) ★★
1.00 **to 3.00** AM **FILM The Courier** As 9.00pm.

+1 hour 318 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Junk and Disorderly**
7.35 **Auction Hunters**
8.00 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFO Hunters**
11.10 **Weird or What?**
12.10 PM **Mysteries from Above** Documentary.
1.05 **Pawn Stars**
2.05 **Junk and Disorderly**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFOs Declassified**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **The Proof Is Out There**
10.00 **MonsterQuest**
11.00 **World's Most Unexplained...**
12.00 M'T **Paranormal Survivor** Documentary.
1.00 AM **UFO Hunters**
2.00 **Ancient Aliens**
3.45 **Deep Water Salvage**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Inside Windsor Castle: A Royal Residence** Double bill.
11.00 **Ben Fogle: New Lives in the Wild** From Croatia.
12.00 NOON **All Creatures Great and Small Meets The Yorkshire Vet**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **Secrets of Buckingham Palace with Alexander Armstrong** Double bill.
8.00 **Ben Fogle: New Lives in the Wild** From Oregon.
9.00 **The Madame Blanc Mysteries** 5/6. A TV crew come to town. **10.00** 6/6. A local man is attacked after trying to sell a rare trinket. (S4)
11.00 **Prisoner: Cell Block H**
1.00 AM **Dogs Behaving (Very) Badly**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home International**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **My Dream Derelict Home** Property series.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **My Dream Derelict Home** A couple transform an Edwardian property in Derbyshire into a family home.
9.00 **My Lottery Dream Home International**
10.00 **My Lottery Dream Home** Double bill.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Extreme Couponing**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **Little People, Big World** Documentary.
2.00 **Breaking Amish**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **The Bad Skin Clinic**
8.00 **My 600lb Life** Lacey has found love with Ricky, but his interfering sister is complicating things. **10.00** A man whose food addiction has left him almost housebound.
12.00 M'T **Sex Sent Me to the ER** Medical series.
1.00 AM **Extreme Couponing**
2.00 **to 6.00** AM **My 600lb Life**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** 7&8/8. (S7)
10.00 **Last Man Standing** (S8)
11.00 **Everybody Loves Raymond** 8-11/23. (S8)
1.00 PM **Friends** (S3)
7.00 **Friends** 13-16/25. (S3)
9.00 **Michael McIntyre's Big Show** With Bradley Walsh and Kylie Minogue.
10.00 **Iain Stirling's Roast the Internet**
11.00 **NEW SERIES Mike Judge's Beavis and Butt-Head** (S3)
11.30 **South Park** (S27)
12.00 M'T **CC Live: Stand Up Shorts** New edition
12.30 AM **Whose Line Is It Anyway? USA**
1.30 **8 Out of 10 Cats**
2.30 **Key & Peele**
3.00 **Reno 911!** 4/13. (S3)
3.20 **Beavis and Butt-Head**
3.30 **Michael McIntyre's Big Show** As 9.00pm.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 2&3/13. (S1)
11.00 **Friends** (S6)
1.00 PM **Impractical Jokers**
2.00 **Daria** 4&5/13. (S1)
3.00 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing** (S8)
7.00 **Everybody Loves Raymond** 8-11/23. (S8)
9.00 **New Girl** 11&12/24. (S1)
10.00 **Friends** 11-14/24. (S2)
12.00 M'T **FILM Nurse Betty** Offbeat black comedy starring Renée Zellweger. A waiter is convinced she is a nurse in a soap after her husband's death. (1999, 18, 110min) ★★★★
2.00 AM **Drunk History**
3.00 **Lee Evans: The Ultimate Experience**
4.30 **Lee Evans: Monsters**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay

152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Cops**
11.00 **Hold the Front Page**
12.00 NOON **Motorway Patrol**
2.00 PM **Border Security USA**
3.00 **UK Border Force**
4.00 **Highway Cops**
5.00 **Motorway Patrol**
7.00 **SEAL Team** (S1)
9.00 **Road Wars** Chris captures an innovative supermarket thief.
10.00 **The Force: Manchester** A traffic cop gets more than he bargained for.
11.00 **There's Something About Movies**
1.00 AM **A League of Their Own: Mexican Road Trip** The gang set out on an adventure in Mexico.
2.00 **Duck Quacks Don't Echo** Lee Mack hosts.
3.00 **Road Wars** As 9.00pm.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **16 and Pregnant**
7.15 **Teen Mom: The Next Chapter** Reality series.
8.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Reality series.
2.00 **Catfish: The Dramatic**
3.00 **Catfish: The TV Show**
4.00 **Dallas Cowboys Cheerleaders**
6.00 **FriendZone**
7.00 **Teen Mom 2: From the Beginning**
7.30 **Laguna Beach: The Real Orange County**
8.00 **Catfish UK** With Oobah Butler and Nella Rose.
9.00 **Skin A&E**
10.00 **Lindsay Lohan's Beach Club** Lindsay has to intervene when Jonitta and Gabi clash.
11.00 **Dating Naked UK**
2.00 AM **MTV Family Legacy**
2.50 **Caught in the Act: Unfaithful** Reality series.
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Flying Wild Alaska**
9.00 **Gold Rush** Double bill.
11.00 **Wheeler Dealers World Tour**
1.00 PM **Gold Divers** Double bill.
3.00 **Hoffman Family Gold**
4.00 **Gold Rush** Documentary.
5.00 **Building Off the Grid** Off-grid-living enthusiasts build a 300-sq-ft bungalow.
6.00 **Baggage Battles** The group travel to Toronto to bid on lost airport baggage. **6.30** Bidding on misplaced or lost freight in Greensboro.

9.00 Expedition Bigfoot

7.00 Wheeler Dealers: Dream Car Mike Brewer and Marc Priestley trade up to a Japanese sports car, a Nissan Skyline.

8.00 Deadliest Catch Four hundred miles west of traditional grounds, *Wizard* captains Keith and Monte come to blows.

9.00 Expedition Bigfoot New edition In the heart of 'The Fork', Biko howls into the night during a stakeout with Mireya.

10.00 NEW SERIES **Expedition X** Investigating claims that a dark force haunting the Conjuring House has spread.

11.00 **Mystery at Blind Frog Ranch** The team find mysterious ancient markings on a cliffside.
12.00 M'T **Moonshiners**
1.00 AM **Expedition Bigfoot**
2.00 **Expedition X** As 10.00pm.
3.00 **Kindig Customs**
4.00 **to 5.00** AM **Expedition Bigfoot**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Fish or Die** Documentary.
10.00 **Tanked** With Ryan Newman.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A man who owns two Savannah cats. **4.00** A firefighter in LA struggles to deal with a pet.
5.00 **Lone Star Law** Rookie game wardens work their first cases.
6.00 **Dr Jeff: Rocky Mountain Vet** A golden retriever has surgery after swallowing a dummy.

8.00 Guardians of Rescue

7.00 Treehouse Masters Pete Nelson builds a treetop fortress including a high tower for a couple who love all things medieval.

8.00 Guardians of Rescue Group founder Rob and investigators Marceline, Bill and Elle try to unmask a puppy flipper.

9.00 Alaska: The Last Frontier Atz begins his summer riding season so he can try to protect Otto's cattle herd.

10.00 Alaskan Bush People Billy gives daughter Rain major responsibility as barn construction goes full bore at the ranch.

11.00 **Pit Bulls & Parolees** A request for help takes a turn.
12.00 M'T **Crikey! It's the Irwins** Robert wrangles a highly venomous king cobra.
1.00 AM **Guardians of Rescue**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Europe from Above**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Lost Treasures of Arabia** Double bill.
2.00 PM **WW2: Hell Under the Sea**
4.00 **Pirates: Behind the Legends** Pirate-turned-colonial governor Henry Morgan.
5.00 **Car S.O.S** Restoring an iconic BMW E30 Alpina.
6.00 **Best of the World's Destinations** Exploring the Chinese province of Guizhou.

7.00 Air Crash Investigation

7.00 Air Crash Investigation A terrorist group claims responsibility when a plane crashes 20 minutes after taking off in Egypt.

8.00 Air Crash Investigation When the cockpit window of a plane explodes, the crew somehow battle gale-force winds to land.

9.00 Area 51: I Was There Insiders reveal what projects they worked on at the secret Nevada military base.

10.00 Area 51: The CIA's Secret Files An expose of activity at the Groom Lake Testing Facility.

11.00 **Air Crash Investigation**
12.00 M'T **Trafficked**
1.00 AM **Inside Airport Lost & Found** Documentary.
2.00 **Made in a Day**
2.30 **Lords of War** Documentary.
2.55 **Bid & Destroy**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **When Sharks Attack**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Swamp People: Serpent Invasion** Documentary.
6.55 **Storage Hunters**
7.50 **American Pickers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Mysteries Unearthed with Danny Trejo**
1.00 PM **Hitler's Engineers**
3.00 **Ross Kemp: Shipwreck Treasure Hunter**
5.00 **WW2 Treasure Hunters**
6.00 **American Pickers** The Wolfe brothers pick a main-street grocery that's frozen in time.

10.00 Ancient Aliens Special...

7.00 Forged in Fire Two smiths advance to the final round to recreate the German Halberd, a medieval era triple threat.

8.00 The Egyptian Book of the Dead A version of the ancient text once buried with an Egyptian scribe, now preserved in the British Museum and thought to be the oldest surviving document in human history.

10.00 Ancient Aliens Special Presentation New edition How technology has helped in the search for life beyond Earth.

12.00 M'T **Haunted Hospitals** A nurse answers the desperate calls of a deceased patient.
12.55 AM **Mysteries Unearthed with Danny Trejo** Treasures recovered from chambers, tunnels, caves and burial sites.
1.50 **Ancient Aliens Special Presentation** As 10.00pm.
3.40 **Pawn Stars** A US Navy Jack.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash** Double bill.
10.00 **Auschwitz: The Nazis and the Final Solution**
11.00 **Nuremberg: Nazis on Trial**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **Auschwitz: The Nazis and the Final Solution**
5.00 **Nuremberg: Nazis on Trial**
6.00 **Antiques Roadshow** The team head to Chenies Manor in Buckinghamshire.

8.00 'Allo 'Allo!

7.00 Tropic of Capricorn Simon Reeve traces the southern tropic around the globe, starting in Namibia and Botswana.

8.00 'Allo 'Allo! Michelle plans to send Rene to England to help Britain win the war. **8.40** The residents' plans are stalled by the annual Fishmongers' Parade. **9.20** The general, the colonel and Gruber play a round of golf and discuss the plot to blow up Hitler.

10.00 Bangers & Cash: Restoring Classics The team restore a 1988 Golf GTI Convertible and catch up on a Mk1 Austin Mini.

11.00 **Bangers & Cash** Derek takes delivery of a Renault van, previously used as a bread van.
12.00 M'T **Find It, Fix It, Flog It** Items include baby scales, an oil can and a glass cabinet.
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Tropic of Capricorn** As 7.00pm.

+1 hour 255 329

Friday

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Vintage Voltage**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Yorkshire Auction House**
3.00 **Shed and Buried: Classic Cars**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **Cycling: Vuelta a España** Action from the 13th stage, a 202.7km route from Cabezón de la Sal to L'Angliru.
8.00 **Shed and Buried** The duo go through a shed full of motorbikes.
8.30 **Shed and Buried**
11.00 **How Do They Do It?**
1.00 AM **Richard Hammond's Workshop**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes... UK**
7.00 **Say Yes to the Dress**
8.00 **Say Yes... Lancashire**
9.00 **Say Yes... UK**
10.00 **Say Yes to the Dress**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **On the Case**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **American Detective with Lt Joe Kenda**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **Mean Girl Murders** New edition
10.00 **Mean Girl Murders**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** True-crime.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Fraud Squad** A con artist makes thousands pretending to know Hilary Clinton.
8.00 **Killers: Caught on Camera** A woman is shot in her car by her estranged husband in front of her daughter.
9.00 **Bloodline Detectives** The murder of a respected teacher brutally attacked in her Pennsylvania home. **10.00** Two schoolgirls murdered in the Welsh village of Llandarcy.
11.00 **Britain's Countryside Killers** Lily Sullivan.
12.00 M'T **Cold Cases Reopened** True-crime.
1.00 AM **Bloodline Detectives**
3.00 **Killers: Caught on Camera** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Cold Cases Reopened** Double bill.
11.00 **Facing Evil** Double bill.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Cold Cases Reopened** Double bill.
4.00 **Facing Evil** Double bill.
5.00 **Medical Detectives** A man descends into a life of seclusion and is accused of killing his wife. **5.30** A criminally charged sex offender and murderer attacks in a terrifying rage. **6.00** Investigating fatalities in a Texan hospital, where more kids are dying than anywhere else in the US. **6.30** A 77-year-old on a road trip is attacked by a thief and shot to death.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Road Wars**
7.00 **Stop, Search, Seize**
8.00 **UK Border Force**
9.00 **The Force: Manchester**
10.00 **Caught on Dashcam**
11.00 **Snapped** Documentary.
12.00 NOON **Murdered at...**
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **How I Caught the Killer**
4.00 **World's Most Evil Killers**
5.00 **Murdered at First Sight**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Gilgo Beach Killer: House of Secrets**
10.15 **Murder in Slow Motion**
11.15 **Britain's Most Evil Killers**
12.10 AM **Murder Uncut**
1.05 **How I Caught the Killer**
2.00 **Killer in My Village**
3.00 **Snapped** Susan Giglotti.
4.00 **Border Security: Canada's Front Line**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Countdown to WWII**
9.10 **1066: A Year to Conquer England**
10.35 **The Hidden Side of World War II**
11.50 **Ambassadors in Berlin: Whistleblowers of WWII**
1.00 PM **Countdown to WWII**
2.10 **1066: A Year to Conquer England**
3.30 **The Hidden Side of World War II**
4.40 **Ambassadors in Berlin: Whistleblowers of WWII**
5.55 **Countdown to WWII**
7.05 **1066: A Year to Conquer England**
8.20 **The Hidden Side of World War II** Exploring the cells used to exfiltrate wanted Nazis.
9.35 **Ambassadors in Berlin: Whistleblowers of WWII**
10.45 **1066: A Year to Conquer England**
12.00 M'T **The Hidden Side of World War II**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Love Has Won: The Cult of Mother God**
7.00 **Discovering: Tom Cruise**
8.00 **The Directors**
9.00 **The Eighties**
10.00 **What's My Name: Muhammad Ali**
1.15 PM **I Am Joe Frazier**
3.00 **David Frost Vs**
4.00 **Discovering: Tom Cruise**
5.00 **The Directors**
6.00 **The Eighties**
7.00 **Bowie: The Man Who Changed the World**
9.00 **27: Gone Too Soon** Documentary about musicians who died at the age of 27.
10.30 **FILM Amy** Documentary portrait of Amy Winehouse. (2015, 15, 128min) ★★★★
1.00 AM **FILM Dogtown and Z-Boys** Documentary narrated by Sean Penn. (2001, 15, 91min) ★★★
2.45 **FILM Searching for Sugar Man** Music documentary. (2012, 12, 86min) ★★★★
4.30 **Chernobyl: My Promised Land**
5.00 **to 6.00** AM **Discovering: Tom Cruise**

Sky Nature

145 113/114 189 354 369

6.00 AM **Gangs of Lemur Island**
7.00 **Monkey Life**
8.00 **Africa's Hidden Kingdoms**
9.00 **Arabian Inferno**
10.00 **Dawn to Dusk**
11.00 **Big Cat Country**
12.00 NOON **Into the Wild: India**
1.00 PM **Monkey Life**
2.00 **Africa's Hidden Kingdoms**
3.00 **Arabian Inferno**
4.00 **Dawn to Dusk**
5.00 **Africa's Wild Roommates: How Animals Share Bed and Board**
6.00 **Into the Wild: India**
7.00 **Monkey Life** Double bill.
8.00 **Animals Like Us**
9.00 **Deep Dive North America** Lizzie Daly experiences North America's wild west.
10.00 **Into the Wild: India**
11.00 **Africa's Wild Roommates: How Animals Share Bed and Board**
12.00 M'T **Big Cat Country**
1.00 AM **Gangs of Lemur Island**
2.00 **Coral City** Documentary.
3.00 **Deep Dive North America**
4.00 **Africa's Hidden Kingdoms**
5.00 **to 6.00** AM **Arabian Inferno**

Sky History 2

163/168 143 186

6.00 AM **Life After People**
8.00 **History's Greatest Mysteries**
9.00 **The Abyss: Rise & Fall of the Nazis** Double bill of editions.
11.00 **Ancient Aliens**
1.00 PM **Craig Charles: UFO Conspiracies**
2.00 **Digging for Britain**
4.00 **Life After People**
6.00 **History's Greatest Mysteries**
7.00 **The Abyss: Rise & Fall of the Nazis** A look at the Nazis' defeat at Stalingrad in 1943. **8.00** In 1945, it was unclear whether the Germans had broken with the Nazis.
9.00 **Forbidden History** A look at how the Nazis indoctrinated and controlled the will of German people at large. **10.00** Experts investigate the Codex Gigas, which is also known as the 'Devil's Bible'.
11.00 **Ancient Aliens**
1.00 AM **Craig Charles: UFO Conspiracies**
2.00 **Digging for Britain**
4.00 **History's Greatest Aircraft**
5.00 **to 6.00** AM **Dirty Old Cars**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
8.00 **Killer Town**
9.00 **Murdertown**
10.00 **Buried in the Backyard**
11.00 **#Textmewhenyougethome**
12.00 NOON **A Perfect Scam**
1.00 PM **Somebody's Hiding...**
2.00 **Judge Rinder's Crime Stories**
3.00 **Cops Who Kill with Will Mellor**
4.00 **Murdertown**
5.00 **When Missing Turns to Murder**
6.00 **Imperfect Murder**
7.00 **An Hour to Kill**
8.00 **Somebody's Hiding Something** New edition A man is found stabbed to death just weeks after Christmas.
9.00 **Court Cam** New editions
10.00 **Ozark Law**
11.00 **Cold Case UK**
12.00 M'T **Somebody's Hiding...**
1.00 AM **Court Cam**
3.00 **A Perfect Scam**
4.00 **When Missing Turns to Murder**
5.00 **to 6.00** AM **Buried in the Backyard**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Hostile Planet**
10.00 **Monster Fish**
11.00 **Critter Fixers: Country Vets**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Little Giant**
3.00 **National Parks: USA**
4.00 **Secrets of the Zoo: Scale Tales**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo**
8.00 **NEW SERIES Killer Safari** Animals in the African bush perform astounding feats of courage to defend their young.
9.00 **Africa's River Titans** The largest animals living alongside Africa's rivers.
10.00 **Lawless Island** Troy braves the cold water on a dive to recover building materials.
11.00 **Ice Road Rescue**
12.00 M'T **Animal Fight Club**
1.00 AM **America's National Parks**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **World's Deadliest**

Discovery History

174 147 181 320 325

7.00 AM **Combat Dealers: Reloaded** As 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Combat Dealers: Reloaded** Bruce Crompton and his team embark on a tour across Europe to buy and restore some of World War Two's rarest tanks.
9.00 **Ancient Unexplained Files** Archaeologists use state-of-the-art digital technology to uncover the truth behind a cave wall in Nottinghamshire.
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Secrets of the Railways**
1.00 PM **The Architecture the Railways Built** Double bill.
3.00 **Secrets of the Railways**
6.00 **The Architecture the Railways Built** Four editions, including at: **8.00** Tim Dunn explores the birthplace of British locomotive manufacturing – Leeds, starting at the Round Foundry. **9.00** Tim explores Hull Paragon station and finds out how Royal Leamington Spa got a wonderful art deco station.
10.00 **Secrets of the Railways** The Nordland Line, the longest in Norway at 453 miles. Stretching between Trondheim and Bodø, it was first built to transport the country's greatest natural resource – iron ore. **11.00** The Liverpool and Manchester Railway, which revolutionised rail travel in 1830.
12.00 M'T **Secrets of the Railways**
3.45 AM **The Architecture the Railways Built** Double bill.
5.20 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 141 166

8.00 AM **Web of Lies**
9.00 **Murder Under the Friday Night Lights** Double bill.
11.00 **Murder in the Heartland**
1.00 PM **People Magazine Investigates** Double bill.
3.00 **Truth About Murder with Sunny Hostin** Double bill.
5.00 **The Killer in My Family**
7.00 **Deadline: Crime with Tamron Hall** How revelations led to the deterioration of a relationship. **8.00** A case in which a woman went missing after breaking up with her abusive boyfriend.
9.00 **On the Case with Paula Zahn** A young girl vanishes under mysterious circumstances.
10.00 **Death by Fame** Fiction and reality collide when a horror film goes from a dream come true to a real-life nightmare.
11.00 **Deadly Influence: The Social Media Murders**
12.00 M'T **Grave Secrets**
2.00 AM **The Killer in My Family**
4.00 **to 6.00** AM **Deadline: Crime with Tamron Hall**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrapyard Dynasty**
7.00 **Texas Metal**
8.00 **Motor Pickers**
9.00 **Bad Chad Customs**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Shed and Buried: Classic Cars** Restoring a 1970s VW Beetle Beach Buggy.
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Bad Chad Customs**
4.00 **Shorty's Dream Shop**
5.00 **Salvage Hunters: Classic Cars**
6.00 **Motor Pickers**
7.00 **Shed and Buried**
8.00 **Shorty's Dream Shop** The team work on a 1967 Nova.
9.00 **Richard Hammond's Workshop**
10.00 **Bad Chad Customs**
11.00 **Shed and Buried**
12.00 M'T **Shorty's Dream Shop**
1.00 AM **Shed and Buried: Classic Cars** As shown at 12.00noon.
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers: Dream Car**
4.00 **to 5.00** AM **Wrench'd**

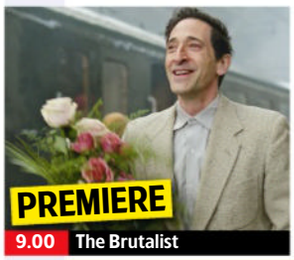
+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.25 AM **The Mountain** (2024)
8.05 **The Lord of the Rings: The War of the Rohirrim** Animation. (2024, 12) ★★★★
10.25 **Gator Creek** (2025, 15) ★
12.00 NOON **Restless** As 7.15pm.
1.40 PM **The Prosecutor** (2024)
3.40 **The Mountain** Comedy drama. (2024, PG, 89min) ★★★★
5.15 **Saturday Night** Comedy drama. (2024, 15) ★★★★
7.15 **Restless** Dark thriller. (2024, 15, 89min) ★★



9.00 The Brutalist

Restless (film started at 7.15pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **PREMIERE The Brutalist** Epic drama starring Adrien Brody. When a couple flee Europe in 1947, their new lives in America are changed by a strange client. With Felicity Jones and Guy Pearce. (2024, 18, 215min) ★★★★★ *See review, page 23.*
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **The Surfer** Thriller starring Nicolas Cage. A father returns to the beach of his childhood to surf, but is drawn into a conflict with local thugs. (2024, 100min) ★★★★
2.05 **The Prosecutor** Hong Kong thriller starring Donnie Yen. Subtitled. (2024, 15, 117min)
4.05 **to 6.00** AM **Night Call** French-Belgian thriller starring Jonathan Feltre. Subtitled. (2024, 15, 97min) ★★★★

Sky Cinema Hits

303 303 403 503 517

6.45 AM **Cinema List: Job Hunting**
7.00 **Ouija: Origin of Evil** Horror. (2016, 15, 99min) ★★★
8.45 **Warm Bodies** (2013) ★★★★
10.30 **Role Models** Comedy. (2008, 15, 99min) ★★★★
12.15 PM **Napoleon Dynamite** Teen comedy. (2004, PG) ★★★★
2.00 **Kingpin** (1996, 12) ★★★
4.00 **Tropic Thunder** War spoof. (2008, 15, 107min) ★★★★
5.55 **The Birds** Hitchcock horror. (1963, 15, 118min) ★★★★★

10.00 Jack Reacher: Never Go...

8.00 **Chicago** Screen version of the Broadway musical, starring Renée Zellweger, Catherine Zeta-Jones and Richard Gere. In 1920s Chicago, a showgirl and a wannabe musical star become celebrities on Murderess Row. (2002, 12, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Jack Reacher: Never Go Back** Action thriller sequel with Tom Cruise. The vigilante tries to save an army major who has been framed for murder by a sinister conspiracy. (2016, 12, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Footloose** Dance drama remake starring Kenny Wormald and Julianne Hough. (2011, 12, 113min) ★★★
2.05 **The Invisible Man** Thriller. (2020, 15, 124min) ★★★★
4.20 **to 6.05** AM **Friday the 13th Part III** Stalk 'n' slash horror sequel. (1982, 18, 95min) ★

Sky Cinema Drama

310 310 410 510 524

6.25 AM **Speak Like a Child** As 1pm.
7.50 **Wildhood** Drama starring Steve Lund. (2021, 15, 108min) ★★★
9.40 **Poison** As shown at 4.25pm.
11.15 **Golda** As shown at 11.45pm.
1.00 PM **Speak Like a Child** Dark drama. (1998, 18, 80min) ★★
2.30 **Bob Marley: One Love** Biopic. (2023, 12, 104min) ★★★
4.25 **Poison** Drama with Tim Roth. (2024, PG, 86min) ★★★★
6.00 **Lee** Biopic starring Kate Winslet. (2023, 15, 117min) ★★★
8.00 **Dunkirk** Christopher Nolan's drama starring Kenneth Branagh, Tom Hardy, Mark Rylance and Fionn Whitehead. Allied soldiers surrounded by the German army wait for evacuation during World War Two. (2017, 12, 106min) ★★★★★
9.50 **Footloose** Teen dance drama remake starring Kenny Wormald, Julianne Hough and Dennis Quaid. (2011, 12, 113min) ★★★
11.45 **Golda** Biopic starring Helen Mirren. (2023, 12, 100min) ★★
1.30 AM **The Great Escaper** Drama. (2023, 12, 96min) ★★★★
3.15 **Carmen** Musical starring Melissa Barrera. (2022, 15, 116min) ★★★
5.15 **to 7.00** AM **L'immensità** Italian drama. (2022, 12, 99min) ★★

Sky Cinema Monsters

311 311 411 511 525

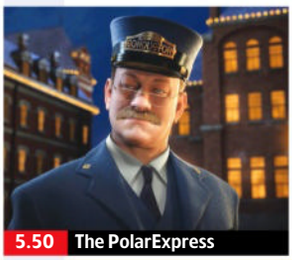
6.05 AM **Cinema List: Men in Black**
6.25 **The Scorpion King** Fantasy. (2002, 12, 91min) ★★★
8.00 **Jaws 2** Adventure thriller sequel. (1978, PG, 115min) ★★★
10.00 **Jaws 3** Adventure thriller sequel. (1983, 12, 99min) ★★
11.45 **Godzilla** As 10.00pm.
2.05 PM **Gremlins 2: The New Batch** Horror comedy fantasy sequel. (1990, 12, 107min) ★★★
3.55 **Kong: Skull Island** Adventure. (2017, 12, 118min) ★★★★
5.55 **Godzilla** Monster thriller remake starring Aaron Taylor-Johnson. (2014, 12, 118min) ★★★
8.00 **Godzilla x Kong: The New Empire** Fantasy adventure with Rebecca Hall and Dan Stevens. (2023, 12, 115min) ★★★
10.00 **Godzilla** Hollywood remake of the Japanese monster movie, starring Matthew Broderick, Jean Reno and Maria Pitillo. (1998, PG, 139min) ★★★
12.25 AM **Bram Stoker's Dracula** Francis Ford Coppola's adaptation of the vampire novel. (1992, 18, 123min) ★★★
2.40 **Insidious: Chapter 2** Thriller sequel. (2013, 15, 103min) ★★★
4.25 **to 6.00** AM **Gator Creek** Horror. (2025, 15, 87min) ★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Back to School

306 306 406 506 519

6.00 AM **Curious George** Animation. (2006, U, 87min) ★★★★
7.30 **Barnyard** As 9.30pm.
9.05 **The Tiger Rising** Drama. (2022, PG, 102min) ★★★
10.50 **Big Fat Liar** Teen comedy. (2002, PG, 88min) ★★★
12.25 PM **Robin and the Hoods**
2.10 **IF** Fantasy. (2024, U) ★★★
4.00 **How to Train Your Dragon** Animation. (2010, PG) ★★★★
5.50 **The Polar Express** Animation. (2004, U, 100min) ★★★★


5.50 The PolarExpress

7.45 **Harold and the Purple Crayon** Family adventure starring Zachary Levi, Lil Rel Howery, Zooey Deschanel and Benjamin Bottani. (2024, PG, 87min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 **Barnyard** Animated comedy featuring the voice of Kevin James. A pack of hungry coyotes threaten the carefree existence of a group of farmyard animals. (2006, PG, 90min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **The Lego Ninjago Movie** Animated adventure featuring the voice of Jackie Chan. (2017, U, 101min) ★★
12.50 AM **Robin and the Hoods** Comedy starring Naomie Harris. (2024, PG, 101min) ★★
2.40 **Bookworm** Comedy starring Elijah Wood and Nell Fisher. (2024, 12, 103min) ★★★★
4.25 **to 6.00** AM **The Cat in the Hat** Fantasy with Mike Myers. (2003, PG, 82min) ★★★★

Sky Cinema Action

307 307 407 507 521

6.15 AM **Saving Private Ryan** Epic World War Two drama. (1998, 15, 169min) ★★★★★
9.10 **Chappie** As 10.30pm.
11.15 **Constantine** Horror thriller. (2005, 15, 121min) ★★★
1.25 PM **Justice League** Adventure. (2017, 12, 120min) ★★
3.30 **The Huntsman: Winter's War** Fantasy adventure. (2016, 12, 114min) ★★★
5.35 **William Tell** Historical drama. (2025, 15, 133min) ★★★

3.30 The Huntsman: Winter's...

8.00 **Gladiator II** Ridley Scott's historical drama sequel starring Paul Mescal, Pedro Pascal and Denzel Washington. The son of a slain Roman General enters the Colosseum in an attempt to bring glory back to Rome. (2024, 15, 148min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **Chappie** Sci-fi thriller starring Sharlto Copley, Dev Patel and Hugh Jackman. Two small-time crooks attempt to use a highly intelligent robot to carry out a heist worth $200million. (2015, 15, 120min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **R.I.P.D** Action comedy. (2013, 12, 96min) ★★★
2.15 **Oldboy** South Korean revenge thriller. Subtitled. (2003, 18, 120min) ★★★★
4.15 **to 6.15** AM **Terminator Salvation** Sci-fi thriller sequel. (2009, 12, 110min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.50 AM **Kangaroo Jack** Comedy. (2003, PG, 89min) ★
8.25 **The Terminal** Comedy drama. (2004, 12, 129min) ★★★★
10.40 **Anyone But You** Comedy. (2023, 15, 103min) ★★★★
12.30 PM **Click** Fantasy comedy. (2006, 12, 103min) ★★★★
2.25 **Mr Deeds** (2002, 12) ★★★
4.10 **Pixels** Sci-fi comedy. (2015, 12, 105min) ★★
6.00 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★

6.00 Miss Congeniality

8.00 **Miss Congeniality 2: Armed and Fabulous** Comedy sequel starring Sandra Bullock. FBI agent Gracie Hart becomes a media celebrity, until the kidnapping of Miss United States reawakens her crime-fighting instincts. (2005, 12, 113min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Crazy Rich Asians** Comedy with Constance Wu and Henry Golding. A professor heads to Singapore with her boyfriend, and is shocked to learn he is from an extremely wealthy family. (2018, 12, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Baywatch** Action comedy. (2017, 15, 121min) ★★
2.20 **The Longest Yard** Comedy remake. (2005, 12, 113min) ★★
4.15 **to 6.30** AM **The Holdovers** Comedy drama starring Paul Giamatti and Dominic Sessa. (2023, 15, 133min) ★★★★★

Sky Cinema Thriller

309 309 409 509 523

6.50 AM **Along Came a Spider**
8.40 **He Went That Way** (2023)
10.20 **Last Seen Alive** Thriller. (2022, 15, 95min) ★★★
12.00 NOON **Barbarians** As 10pm.
1.35 PM **The Equalizer** Thriller starring Denzel Washington. (2014, 15, 132min) ★★★
3.50 **Layer Cake** Gangster thriller. (2004, 15, 105min) ★★★★
5.40 **Vanilla Sky** Romantic fantasy drama starring Tom Cruise. (2001, 15, 136min) ★★★

10.00 Barbarians

8.00 **Now You See Me** Heist thriller starring Jesse Eisenberg, Mark Ruffalo, Woody Harrelson and Isla Fisher. A quartet of Las Vegas magicians go on a crime spree, puzzling the FBI and Interpol. With Michael Caine. (2013, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Barbarians** Horror thriller starring Tom Cullen. Four friends come together for a birthday celebration, but as the night progresses, secrets emerge and unsettling events begin to unfold. (2021, 15, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Ruthless** Action thriller. (2023, 15, 92min) ★★★
1.20 AM **Along Came a Spider** Thriller. (2001, 15) ★★★
3.10 **He Went That Way** Crime drama. (2023, 15, 96min) ★★★
4.55 **to 6.40** AM **Kill** Thriller. (2023, 15, 94min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Carrington VC** Military courtroom drama. (1954, b/w, PG, 106min) ★★★
1.20 PM **The Caine Mutiny** Naval drama with Humphrey Bogart. (1954, U, 119min) ★★★★
3.55 **The Last Hurrah** Political drama starring Spencer Tracy. (1958, b/w, U, 121min) ★★★
6.30 **Hunter Killer** Action thriller starring Gerard Butler. (2018, 15, 121min) ★★★

6.30 Hunter Killer

Hunter Killer (film started at 6.30pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Django Unchained** Quentin Tarantino's Oscar-winning Western starring Jamie Foxx, Christoph Waltz, Leonardo DiCaprio and Samuel L Jackson. A former slave becomes a deadly bounty hunter and embarks on a perilous mission to rescue his wife from a Mississippi plantation. (2012, 18, 165min) ★★★★ **9 PM** **10 PM** **11 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Wild Card** Action thriller with Jason Statham, Michael Angarano and Milo Ventimiglia. (2015, 15, 92min) ★★★
2.10 **to 4.00** AM **Boys from County Hell** Horror comedy starring Jack Rowan and Nigel O'Neill. (2020, 15, 78min) ★★

+1hour 314 430 47 301 257

Sky Cinema 90s

302 302 402 502 516

7.00 AM **Streetfighter** Action drama. (1994, 12, 102min) ★★
8.45 **HouseSitter** As 2.30am.
10.30 **Last Action Hero** Action fantasy. (1993, 15, 130min) ★★★
12.45 PM **Twister** Disaster movie. (1996, PG, 114min) ★★★
2.45 **Dumb and Dumber** Comedy. (1994, 12, 107min) ★★★
4.40 **Happy Gilmore** Comedy. (1996, 12, 92min) ★★★

6.20 **The Nutty Professor** Comedy remake starring Eddie Murphy. (1996, 12, 95min) ★★★
8.00 **Ace Ventura Pet Detective** Comedy starring Jim Carrey as a wacky Miami private detective who specialises in tracking down lost pets. With Courteney Cox. (1993, 12, 86min) ★★★★
9.30 **Ace Ventura: When Nature Calls** Comedy sequel starring Jim Carrey. Ace Ventura searches for a sacred white bat in Africa. (1995, PG, 89min) ★★★

11.10 **Happy Gilmore** As 4.40pm.
12.45 AM **Galaxy Quest** Sci-fi comedy starring Tim Allen. (1999, PG, 102min) ★★★★
2.30 **HouseSitter** Romantic comedy. (1992, PG, 102min) ★★★
4.15 **to 6.05** AM **Dumb and Dumber** As shown at 2.45pm.

Sky Cinema Greats

304 304 404 504 518

7.35 AM **The Fisher King** Urban fable. (1991, 15, 137min) ★★★★★
10.00 **Jerry Maguire** Comedy drama. (1996, 15, 139min) ★★★★
12.20 PM **Scent of a Woman** Drama. (1992, 15, 157min) ★★★★
3.00 **Meet Joe Black** Drama. (1998, 12, 181min) ★★★★
6.00 **Sleepless in Seattle** Romantic comedy starring Tom Hanks. (1993, PG, 105min) ★★★★★

8.00 **Footloose** Teen dance drama starring Kevin Bacon as a foot-tapping Chicago kid who moves to the Midwest Bible Belt where rock 'n' roll is banned. With Lori Singer and John Lithgow. (1984, 12, 107min) ★★★
10.00 **Grease** Musical starring John Travolta and Olivia Newton-John. An Australian teenager at a 1950s California high school falls in love with the tough-talking leader of the T-Birds gang. (1978, PG, 110min) ★★★★

12.00 M'T **Saturday Night Fever** Drama starring John Travolta as a working-class Brooklyn youth who is the dance king of his local disco (1977, 18, 119min) ★★★★
2.05 AM **Sleepless in Seattle** (1993)
4.00 **Sky Cinema Preview**
5.00 **to 6.50** AM **Footloose** (1984)

Sky Cinema Animation

305 305 412 500 514

6.15 AM **Hotel Transylvania** Animation. (2012, U) ★★★★
7.55 **Smurfs: The Lost Village** Animation. (2017, U) ★★★
9.30 **The Road to El Dorado** Animation. (2000, U) ★★★
11.05 **The Nut Job** Animated comedy. (2014, U, 85min) ★★★
12.35 PM **The Lego Movie 2: The Second Part** Animated sequel. (2019, U, 107min) ★★★★

2.25 **Rugrats Go Wild** Animation. (2003, U, 81min) ★★★
4.00 **Madagascar** Animated comedy. (2005, U, 86min) ★★★
5.30 **Hotel Transylvania 2** Animated sequel. (2015, U, 89min) ★★★
7.05 **Hotel Transylvania 3: Summer Vacation** Animated comedy sequel. (2018, U, 97min) ★★
8.45 **Barnyard** Animated comedy. (2006, PG, 90min) ★
10.20 **The Wild Thornberrys Movie** Animated family adventure. (2002, U, 85min) ★★★★

11.55 **Rugrats in Paris** Animation. (2000, U, 79min) ★★★
1.20 AM **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** (2022, PG) ★★★
2.55 **Piece By Piece** (2024, PG) ★★★
4.35 **to 6.15** AM **The Rugrats Movie** Animation. (1998, U) ★★★

Movies 24

312 313 419

7.00 AM **Junebug** Fantasy drama. (2024, PG, 84min) ★★
9.00 **A Priceless Love** Romantic drama. (2022, PG, 85min) ★★
11.00 **Branching Out** Drama. (2024, PG, 90min) ★★
1.00 PM **Planning for Joy** Romantic comedy. (2022, PG, 86min) ★★
3.00 **A Pinch of Portugal** Romantic drama with Heather Hemmens. (2023, PG, 84min) ★★

5.00 **Lease on Love** Romantic comedy. (2022, PG, 86min) ★★
7.00 **Autumn at Apple Hill** Romantic comedy drama starring Erin Cahill and Wes Brown. (2024, PG, 84min) ★★
9.00 **Love at the Bootcamp** Romantic drama starring Leanne Lapp and Daniel Cudmore. A marketing executive falls for the owner of a boot camp that needs to turn its unpopular image around. (2024, PG, 90min) ★★

11.00 **Styled with Love** Romantic comedy. (2022, PG, 89min) ★★
1.00 AM **Love & Jane** Romantic fantasy. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **Luckless in Love** Comedy. (2023, PG, 86min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **The Night We Dropped a Clanger** (1959, b/w, PG) ★★
7.45 **There Was a Young Lady** Comedy. (1952, b/w, U) ★★
9.25 **A Tale of Two Cities** Adaptation of Charles Dickens' classic tale. (1958, b/w, U, 117min) ★★★
11.45 **Pearl of the South Pacific** Adventure. (1955, U, 80min) ★
1.30 PM **Train of Events** Drama. (1949, b/w, PG, 85min) ★★★

3.15 **A Good Read: Sherlock Holmes**
4.15 **The History of Mr Polly** Adaptation of HG Wells' novel. (1949, b/w, U, 95min) ★★★★
6.15 **Look at Life**
6.25 **Doctor in Love** Hospital comedy. (1960, PG, 97min) ★★
8.25 **Strange But True**
9.00 **Cellar Club with Caroline Munro**
9.05 **Doomwatch** 3/13. (S2)
10.05 **Cellar Club with Caroline Munro**
10.10 **One Dark Night** Horror starring Meg Tilly. (1983, 18, 89min) ★
11.55 **Cellar Club with Caroline Munro**

12.00 M'T **King Kong Lives** Thriller sequel. (1986, PG, 100min) ★
2.05 AM **Run for the Sun** Adventure. (1956, PG, 95min) ★★★
4.00 **The Restless Breed** Western. (1957, PG, 86min) ★★
5.40 **to 6.00** AM **Eddie Carroll & His Orchestra**

Friday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
12.00 NOON **LIVE Formula 1** The Italian Grand Prix first practice session staged at Monza Circuit.
1.55 PM **LIVE DP World Tour Golf** Coverage of day two of the Amgen Irish Open staged at K Club in Straffan, County Kildare.
6.00 **The Premier League Show**
6.30 **LIVE WSL Chelsea v Manchester City.** Coverage of the opening match of the Women's Super League season, held at Stamford Bridge. Kick-off 7.30pm. *See feature, page 28.*
9.30 **LIVE US Open Tennis** Day 13 of the Grand Slam at the USTA Billie Jean King National Tennis Center in Flushing Meadows. Great Britain's Jack Draper saw his tournament come to a halt at this stage last year when he came up against Jannik Sinner.
3.00 AM **Sky Sports News**
5.35 **to 7.20** AM **LIVE The Rugby Championship Australia v Argentina.** Coverage of the match at Queensland Country Bank Stadium. Kick-off 5.30am.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Premier League Icons**
10.00 **Sky Sports FC**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years** Moments of the 2017/18 season.
3.00 **PL Retro** Sheffield United v Wigan Athletic from 2007.
5.00 **The Premier League Show**
7.00 **The Big Interview** A conversation with Tottenham Hotspur defender Micky van de Ven.
7.30 **Premier League Stories**
8.00 **Match Officials Mic'd Up**
8.30 **Transfer 360** Why David Ginola signed for Newcastle United.
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **Premier League Icons**
10.30 **My Origin Story: Matthijs De Ligt** The rise of the defender.
10.45 **My Origin Story: Harvey Elliot**
11.00 **Premier League Years**
1.00 AM **PL Retro** Liverpool v Manchester City from 2018.
3.00 **PL Greatest Games**
4.00 **Best Premier League Goals**
5.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Championship Retro**
8.00 **EFL Greatest Games**
10.00 **EFL Cup** The 2017 final.
11.00 **Celtic's Invincibles**
12.00 NOON **EFL Highlights**
1.00 PM **EFL League One Goals**
1.30 **EFL League Two Goals**
2.00 **SPFL Round-Up**
2.15 **SPFL Highlights**
2.45 **EFL Highlights** Championship.
4.00 **EFL League One Goals**
4.30 **EFL League Two Goals**
5.00 **EFL Highlights** Championship.
5.45 **SPFL Round-Up**
6.00 **SPFL Highlights**
6.30 **LIVE WSL Chelsea v Manchester City.** Coverage of the opening match of the Women's Super League season, held at Stamford Bridge. Chelsea won their sixth successive league title last term, while the Citizens missed out on Champions League qualification after finishing fourth. Kick-off is at 7.30pm. *See feature, page 28.*
10.00 **SPFL Highlights**
10.30 **EFL Highlights** Championship.
11.00 **EFL Greatest Games**
12.00 M'T **EFL** Championship.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **Best of England v South Africa** Archive highlights.
7.00 **One-Day International Cricket**
11.00 **Best of England v South Africa**
12.00 NOON **One-Day International Cricket** England v South Africa.
1.00 PM **Vitality T20 Blast Cricket**
4.30 **Best of England v South Africa**
5.00 **The Hundred Bitesize**
5.15 **Best of England v South Africa**
5.45 **The Hundred Bitesize**
6.15 **LIVE Vitality T20 Blast Cricket Durham v Hampshire Hawks.** Coverage of the quarter-final at Banks Homes Riverside. Durham finished second in the North Group, while the Hawks were third in the South Group, and a close contest is anticipated.
9.30 **One-Day International Cricket** England v South Africa: Action from the second match in the three-game series held at Lord's.
10.30 **The Hundred Bitesize**
10.45 **One-Day International Cricket**
12.45 AM **Best of England v South Africa** Archive highlights.
2.00 **Vitality T20 Blast Cricket** Durham v Hampshire Hawks.
5.30 **to 6.00** AM **Best of England v South Africa**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Ryder Cup Memories**
6.30 **HotelPlanner Tour Golf**
7.00 **DP World Tour Golf**
12.00 NOON **Ryder Cup Memories**
12.30 PM **My Ryder Cup**
1.00 **LIVE DP World Tour Golf** Day two of the Amgen Irish Open.
6.00 **HotelPlanner Tour Golf**
6.30 **Countdown to the Ryder Cup**
7.00 **LIVE Ladies European Tour Golf** Coverage of day one of the Aramco Houston Championship.
11.00 **Tales from the Ryder Cup**
12.00 M'T **HotelPlanner Tour Golf**
12.30 AM **Ryder Cup Memories**
1.00 **DP World Tour Golf**
2.00 **Playing Lessons** Expert tips.
3.00 **Ryder Cup Memories**
4.00 **DP World Tour Golf**
5.00 **to 6.00** AM **The Open Zone**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **WTA Tennis** Canadian Open.
7.00 **US Open Tennis**
12.30 PM **US Open Tennis** Day 12.
5.00 **LIVE US Open Tennis** Coverage of the women's doubles final on day 13 of the Grand Slam.
8.00 **LIVE US Open Tennis** Further coverage of the 13th day of the Grand Slam in Flushing Meadows.
3.00 AM **Bitesize Tennis**
3.15 **Frances Tiafoe Podcast 2024**
3.30 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **La Vuelta Men**
7.00 **Premier League Reload**
7.15 **Kenny Allstar's Number 1's**
7.30 **Premier League Stories**
8.00 **Premier League: Big Interview**
8.30 **La Vuelta Men** The 12th stage.
9.30 **Tour of Britain** Stage three.
10.30 **LIVE Cycling: Tour of Britain** Coverage of the fourth stage.
3.45 PM **Snooker Wuhan Open**
4.45 **TNT Sports Reload**
5.00 **MLB: Off the Bat**
5.30 **MLB Plays of the Week**
6.00 **MLB Highlights**
7.00 **LIVE MLB Chicago Cubs v Washington Nationals.** The National League match from Wrigley Field. Start-time 7.20pm.
10.15 **Hard Knocks** NFL insight.
11.15 **MLB Classic** Archive action.
11.30 **MLB: Off the Bat**
12.00 M'T **LIVE MLB New York Yankees v Toronto Blue Jays.** Coverage of the American League East match. Start-time 12.05am.
3.15 AM **MLB Plays of the Week**
3.45 **MLB: Off the Bat**
4.15 **MotoGP** Catalan Grand Prix.
4.45 **TNT Sports Reload**
5.00 **to 6.00** AM **Snooker Wuhan Open**

TNT Sports 2

411 414 522 409 431

6.00 AM **MotoGP Rewind**
8.00 **LIVE MotoGP** The Grand Prix of Catalonia MotoGP, Moto2 and Moto3 first free practice sessions.
10.45 **MotoGP Rewind**
12.15 PM **LIVE MotoGP** The Grand Prix of Catalonia MotoGP, Moto2 and Moto3 first practice sessions.
3.15 **MotoGP Rewind**
3.30 **MotoE Highlights**
4.00 **LIVE MotoE** The Grand Prix of Catalonia qualifying session.
4.45 **FIM Speedway Grand Prix**
5.45 **Kenny Allstar's Number 1's**
6.00 **What I Wore** John Barnes.
6.30 **Premier League Netbusters**
7.00 **LIVE IFSC Climbing World Cup** From Koper, Slovenia.
9.45 **TNT Sports Reload**
10.00 **FIM Speedway Grand Prix**
11.00 **MotoGP** Catalan Grand Prix.
11.30 **Tour of Britain** Stage four.
12.30 AM **What I Wore**
1.00 **LIVE NWSL Racing Louisville FC v Portland Thorns.**
3.15 **TNT Sports Reload**
3.30 **LIVE AFLW Melbourne v Richmond.** Bounce-up 3.35am.
5.30 **to 6.00** AM **UEFA Champions League – Classics**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **British and Irish Lions Tour**
7.00 **The Rugby Championship** South Africa v Australia.
9.00 **The Rugby Championship** Argentina v New Zealand at Estadio Mario Alberto Kempes.
11.00 **Premier League Darts** Action from night five of the tournament at Brighton Centre.
3.00 PM **The Rugby Championship** South Africa v Australia staged at DHL Stadium in Cape Town.
5.00 **The Rugby Championship** Argentina v New Zealand at José Amalfitani Stadium, Buenos Aires.
7.00 **British and Irish Lions Tour**
9.00 **Premier League Darts** Action from night five of the tournament at Brighton Centre, with a format featuring quarter-finals, semi-finals and a final all in one night. The quarter-finals were Gerwyn Price v Michael van Gerwen, Luke Littler v Chris Dobey, Rob Cross v Luke Humphries, and Stephen Bunting v Nathan Aspinall.
1.00 AM **The Rugby Championship** South Africa v Australia.
3.00 **The Rugby Championship** Argentina v New Zealand.
5.00 **to 6.00** AM **British and Irish Lions Tour**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.30 **My Icon** Chris Hughton.
8.40 **LIVE NRLW Sydney Roosters v Canberra Raiders.** The match from the 10th round of fixtures at Allianz Stadium. Kick-off 8.40am.
10.25 **EFL Greatest Games**
10.30 **Sky Sports FC**
12.00 NOON **Total Football**
5.00 PM **LIVE Women's Super League St Helens v Wigan Warriors.** The match in the 13th round of fixtures at Totally Wicked Stadium. Kick-off is at 5.30pm.
7.30 **LIVE Super League St Helens v Wigan Warriors.** Coverage of the match from the 25th round of fixtures staged at Totally Wicked Stadium. Kick-off is at 8.30pm.
10.15 **Sky Sports News**
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
2.00 AM **Super League**
4.45 **EFL Greatest Games**
5.30 **Rugby Greatest Games**
5.35 **to 7.20** AM **LIVE The Rugby Championship Australia v Argentina.** Coverage of the match at Queensland Country Bank Stadium. Kick-off 5.30am.

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **One-Day International Cricket**
8.00 **LIVE NPC Rugby Otago v Northland.** Kick-off is at 8.10am.
9.55 **British and Irish Lions Tour**
10.00 **The Hundred Bitesize**
10.30 **DP World Tour Golf**
11.05 **WTA Tennis** Cleveland Open.
12.00 NOON **One-Day International Cricket** England v South Africa.
2.00 PM **PL Greatest Games**
2.30 **F1 Press Conference**
3.00 **The Hundred** The men's final.
6.30 **LIVE WSL Chelsea v Manchester City.** All the action from Stamford Bridge. Kick-off 7.30pm. *See feature, page 28.*
10.00 **Formula 1** The Dutch Grand Prix.
11.00 **HotelPlanner Tour Golf**
11.30 **DP World Tour Golf**
12.00 M'T **One Championship Weekly**
12.30 AM **PL Greatest Games**
1.00 **PDC Classics** Archive action.
2.00 **LIVE MMA One Championship Jackie Buntan v Stella Hemetsberger.**
5.30 **to 6.00** AM **PDC Classics**

TNT Sports 3

413 415 523 410 432

6.00 AM **UEFA Champions League**
8.00 **MLB: Off the Bat**
8.30 **MLB Plays of the Week**
9.00 **AFL** The second qualifying final.
10.30 **LIVE AFL** Coverage of the second elimination final.
1.30 PM **LIVE Cycling: La Vuelta Men** Stage 13 of the Grand Tour race, a 202.7km route from Cabezón de la Sal to L'Angliru.
5.00 **T100 Triathlon World Tour**
6.00 **TNT Sports Reload**
6.30 **Onboard** Ocean Race Europe.
7.00 **AFL** The second elimination final.
8.30 **MotoGP** Catalan Grand Prix.
9.00 **UEFA Champions League**
10.00 **La Vuelta Men** The 13th stage.
11.00 **Onboard** Ocean Race Europe.
11.30 **LIVE CPL Barbados Royals v Antigua & Barbuda Falcons.** Coverage of the T20 match at Kensington Oval in Bridgetown.
3.45 AM **Tour of Britain**
4.45 **La Vuelta Men** The 13th stage.
5.45 **to 6.00** AM **TNT Sports Reload**

TNT Sports 4

414 416 524 411 434

6.00 AM **WRC: More Than Machine**
7.15 **TNT Sports Reload**
7.45 **Onboard** Ocean Race Europe.
8.15 **FIM Speedway Grand Prix**
9.15 **LIVE Superbike World Championship** From France.
10.15 **Superbike World Championship**
12.30 PM **LIVE Women's Circuit Racing World Championship** The Superpole session in France.
1.00 **LIVE Superbike World Championship** Coverage from Circuit de Nevers Magny-Cours.
3.45 **TNT Sports Reload**
4.00 **Serie A – Full Impact**
4.30 **UEFA Champions League**
5.00 **Snooker Wuhan Open**
6.00 **IEPF World Championships**
7.30 **Porsche Supercup**
8.30 **WRC** Highlights and features.
10.00 **Snooker Wuhan Open**
11.00 **IEPF World Championships**
12.30 AM **UFC Reloaded**
4.00 **to 6.00** AM **LIVE AFLW Gold Coast Suns v GWS Giants.**

Premier Sports 1

419 551

6.00 AM **Sporting Greats**
6.30 **LaLiga Match Highlights**
7.00 **Euro Le Mans Highlights**
8.00 **Football Highlights**
9.30 **NASCAR Highlights**
10.30 **Eredivisie Highlights**
11.30 **World of FreeSports**
12.00 NOON **Argentine Primera**
12.30 PM **LaLiga Match Highlights**
1.00 **Euro Le Mans Highlights**
2.00 **Michelin Le Mans Cup**
2.30 **Top 14 Rugby Union Highlights**
3.30 **LaLiga Specials**
4.30 **Eredivisie Highlights**
5.30 **Argentine Primera Highlights**
6.00 **Scottish Football Social Club**
7.00 **LaLiga Match Highlights**
8.00 **Motorsport Highlights**
9.30 **LaLiga Match Highlights**
10.00 **Transworld Sport** Magazine.
11.00 **World Surf League**
12.00 M'T **FIM Sidecarcross**
1.00 AM **British Minibikes**
3.00 **LaLiga Specials**
4.00 **to 6.00** AM **Karting**

Premier Sports 2

420 552

6.00 AM **NASCAR Trucks**
9.00 **Bike World** Magazine.
9.30 **GP Confidential**
10.00 **CONMEBOL World Cup Qualifiers** Argentina v Venezuela.
12.00 NOON **Temples of Sport**
1.00 PM **Top 14 Rugby Union** Another chance to see Toulouse v Bordeaux Bègles in the final.
3.30 **FastZone** Motorsports highlights.
4.00 **Coppa Italia** A match replay.
6.00 **Football's Greatest**
7.00 **CONMEBOL World Cup Qualifiers** Brazil v Chile.
9.00 **LaLiga Specials** Focusing on the top scorer in the 2024/25 season. **9.30** A look at the best saves from the 2024/25 season.
10.00 **CONMEBOL World Cup Qualifiers** Another chance to see Argentina v Venezuela.
12.00 M'T **Coppa Italia** A chance to see Cremonese v Palermo.
2.00 AM **Football's Greatest**
3.00 **to 6.00** AM **Coppa Italia**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **F1 Features**
6.30 **Formula 1** Dutch Grand Prix.
7.30 **F1 Features**
8.30 **LIVE Formula 3** The Italian Grand Prix practice session.
9.25 **F1 Features**
9.55 **LIVE Formula 2** The Italian Grand Prix practice session.
10.55 **F1 Features**
12.00 NOON **LIVE Formula 1** Italian Grand Prix first practice session.
1.55 PM **LIVE Formula 3** The Italian Grand Prix qualifying session.
2.40 **The Red Bull Pitstop Team**
2.50 **LIVE Formula 2** The Italian Grand Prix qualifying session.
3.35 **LIVE Formula 1** Italian Grand Prix second practice session.
5.15 **The F1 Show** Race preview.
6.15 **Formula 1** The Dutch Grand Prix.
7.15 **F1 Features**
9.00 **Formula 1** Italian Grand Prix.
11.30 **F1 Features**
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

BBC iPLAYER Blue Peter

Friday, 5pm, CBBC & BBC iPlayer

He's already a familiar presence on CBBC, having been on our screens for 16 years, and now fan favourite Hacker T Dog is officially taking up duties as the 44th presenter of *Blue Peter*. 'It's dead exciting!' Hacker T Dog told us. 'I am privileged, nay proud, to be involved in this fine institution and top-notch show.'

Will Hacker create his own classic *Blue Peter* moment like John Noakes scaling Nelson's Column in 1971, or maybe he has a hidden talent for crafts, just like Anthea Turner with her Tracy Island? Watch this space!

Disney+ Lilo & Stitch

Available from Wednesday, Disney+

The latest Disney film to get a live-action remake, this version remains faithful to the original, keeping the charm that makes the 2002 movie so loved.

The story revolves around a lonely young girl called Lilo (the brilliant Maia Kealoha), who unwittingly adopts the product of an alien experiment – the furry blue Stitch – at the animal shelter. With Stitch on the run from the mad scientist who created him, Lilo and her sister, Nani, are caught up in the mayhem.

More great shows to watch this week...

CBeebies Bedtime Stories NEW

Friday, 6.50pm, CBeebies & iPlayer

Ahead of the Great North Run on Sunday 7 September, athlete Eilish McColgan reads *The Fastest Tortoise in Town* by Howard Calvert.

Shake It Up

Available now, Disney+

Happy birthday Zendaya! The actor and singer turns 29 on Wednesday so, to mark the occasion, take a nostalgic look back at her 2010 breakout role as Rocky Blue on the Disney teen comedy.

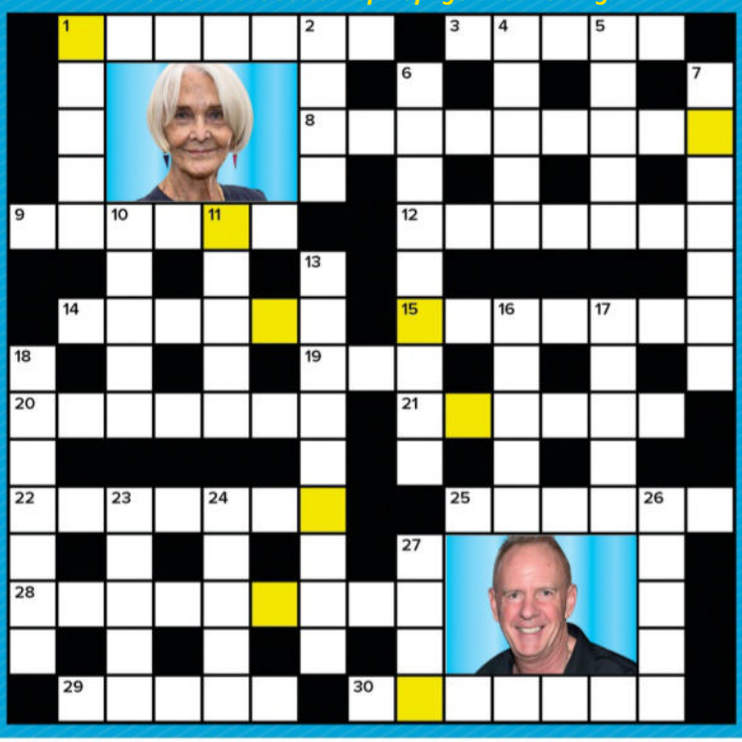
Emerald NEW

From Monday, Sky Kids

Magical new animated series set in an underwater world where a young mermaid called Emerald becomes part of a blended family when her mum gets hitched to the Sea King.

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out an American actor (3,6). Answers at the bottom of the page – no cheating!



ACROSS

1 Sex Pistols bass player who passed away in 1979, Sid -------- (7)
3 221 b ------ Street, address of Sherlock Holmes (5)
8 Roger ------ ----, actor in *Only Fools and Horses* (5,4)
9 *Sesame Street* character (6)
12 Jennifer --------, former *Hell's Kitchen* contestant who played Emily Shadwick in C4 soap *Brookside* (7)
14 See picture clue: Dame ------ Hancock, starred in TV series *A Discovery of Witches* (6)
15 Lauren --------, television and radio presenter (7)
19 Ashton Kutcher sitcom, --- *and a Half Men* (3)
20 1976 Rose Royce disco hit (3,4)
21 *The Others* (2001) and *Big Little Lies* star, ------ Kidman (6)
22 *The Night* --------, mini-series featuring Tom Hiddleston and Hugh Laurie (7)
25 Joe ------, comedian and former presenter of *The Great British Sewing Bee* (6)
28 Zooey ---------, starred as Jess in comedy series *New Girl* (9)
29 Role played by Ricky Gervais in *The Office*, David ------ (5)
30 Movie from 1988 with Peter O'Toole, *The Last* -------- (7)

DOWN

1 Sitcom starring Dawn French, *The* ------ *of Dibley* (5)
2 America Ferrera comedy series, ---- *Betty* (4)
4 Singer and former judge on *American Idol*, Paula ------ (5)
5 Television and radio host, Chris ------ (5)
6 1990 Macaulay Culkin film (4,5)
7 Comedian and television presenter, Frank -------- (7)
10 Historical drama film from 2008, *The* ------ *Boleyn Girl* (5)
11 Jennifer Saunders' *Ab Fab* role, ------ Monsoon (5)
13 ---------- O'Hara, star of hit comedy *Schitt's Creek* (9)
16 *Little Britain*'s Ms Pollard (5)
17 Esther ------, American actor in *Good Times* and 1990 film *Driving Miss Daisy* (5)
18 *Unbreakable Kimmy* --------, Netflix sitcom starring Ellie Kemper and Carol Kane (7)
23 English weather presenter, Clare ------ (5)
24 Frontman for English band Depeche Mode, Dave ------ (5)
26 British actor who starred as Olyvar in fantasy drama *Game of Thrones*, Will ------ (5)
27 See picture clue: Fatboy ----, AKA Norman Cook (4)

WORDS: LYNETTE BRIGHTON. PHOTOS: GETTY, BBC, DISNEY+, SKY KIDS.

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We are committed to only using magazine paper that is derived from responsibly managed, certified forestry and chlorine-free manufacture. The paper in this magazine was sourced and produced from sustainable managed forests, conforming to strict environmental and socioeconomic standards.

CROSSWORD SOLUTION

ANSWER: Val Kilmer **ACROSS:** 1 Vicious 3 Baker 8 Lloyd Pack 9 Grover 12 Ellison 14 Sheila 15 Laverne 19 Two 20 Car Wash 21 Nicole 22 Manager 25 Lycett 28 Deschanel 29 Brent 30 Emperor
DOWN: 1 Vicar 2 Ugly 4 Abdul 5 Evans 6 Home Alone 7 Skinner 10 Other 11 Edina 13 Catherine 16 Vicky 17 Rolle 18 Schmidt 23 Nasir 24 Gahan 26 Tudor 27 Slim

Coming soon

Mrs Bennet (Olivia Colman, third from left) and her daughters

FIRST LOOK

Pride and Prejudice

A starry cast appear in **Jane Austen**'s classic

Filming is under way on Netflix's forthcoming adaptation of iconic romance *Pride and Prejudice*.

The six-part series, adapted by Dolly Alderton from Jane Austen's 1813 novel, sees Emma Corrin as spirited Elizabeth Bennet and Jack Lowden as taciturn Mr Darcy. But can their negative first impressions of each other eventually lead to love?

Olivia Colman plays Elizabeth's mother Mrs Bennet, who wants to secure lucrative marriages for her five daughters, while Rufus Sewell portrays wry Mr Bennet. Freya Mavor is Elizabeth's sister Jane, alongside Rhea Norwood, Hopey Parish and Hollie Avery as their siblings Lydia, Mary and Kitty.

SUPPORTING ACTORS

Jamie Demetriou is oily Mr Collins, Daryl McCormack is genial Mr Bingley and Louis Partridge is charming Mr Wickham, while Fiona Shaw is haughty Lady Catherine de Bourgh, and Siena Kelly, Anjana Vasan, Sebastian Armesto, Rosie Cavaliero and Justin Edwards also feature.

'Playing Elizabeth Bennet is a once-in-a-lifetime opportunity,' says Corrin. 'To bring this character to life is the greatest honour. I can't wait for a new generation to fall in love with this story.'

'*Pride and Prejudice* is the blueprint for romantic comedy,' adds Alderton. 'It has been a joy to delve back into its pages. The book is a gift to adapt – packed with drama, depth, comedy and charm. In it lies the opportunity to examine love, family, friendship and society, while aspiring to Austen's delightfully observational voice.'

Next week

On sale Tuesday 2 September

Task

In Sky Atlantic's drama, an FBI agent (Mark Ruffalo) deals with a series of robberies.

The Girlfriend

Prime Video's saga sees a mum (Robin Wright) clash with her son's new love (Olivia Cooke).

The Rumour

Rachel Shenton plays a mother who uncovers scandal in a small town in 5's new thriller.

Only Murders in the Building

In Disney+'s series, the sleuths probe their doorman's death.

WHAT'S NEXT FOR...

Michelle Keegan

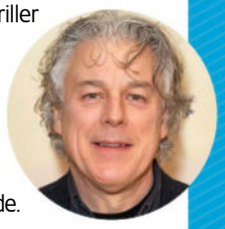
In ITV1's drama **The Blame**, the actor will play DI Emma Crane, who looks into the death of a teenage figure skater, and soon discovers cover-ups and corruption. Ian Hart, Douglas Booth and Joe Armstrong also star.

Katy Wix

The actor will co-write and star in C4 comedy **Pigeon**, about a woman who moves back into her dysfunctional family home in Wales with her dance-teacher mum and sister, while her dad and her ex live nearby.

Alan Davies

5's revival of the **Play for Today** anthology of single dramas will see the actor star in thriller *Intruder*, about a national treasure and his wife (Nikki Amuka-Bird) whose lives implode after allegations are made.



Coming Back

A second run of Guy Martin's **Proper Jobs** will air on U&Dave and follow the presenter as he undertakes some of the country's most challenging jobs including being a miner, a member of a lifeboat crew and a dairy farmer.

TV&Satellite week

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Messenger of Love

Diamond Bracelet

GLEAMING 24-CARAT GOLD -PLATING

Genuine Diamond

Shown larger than actual size. Central plate measures 0.39 inches (1 cm) in height x 1.8 inches (4.5 cm) in length. Bracelet measures 7 inches (17.8 cm) in length with a 1 inch (2.5 cm) extender.

Over 20 Genuine Svenka™ Crystals

Featuring a hand-enamelled robin

Engraved with a heartfelt sentiment

Heaven's precious messenger, robin red-breast, is a timeless symbol of the unbreakable bond between you and those you hold dear. Now, you can honour those cherished memories with the *'Messenger of Love' Diamond Bracelet* — an exquisite design exclusive from The Bradford Exchange.

24-Carat Gold Plating, Genuine Svenka™ Crystals & Sparkling Diamond

Expertly handcrafted and plated in 24-carat gold, this meaningful bracelet showcases a red-breasted robin perched on a crystal-studded branch. Highlighted with colourful hand enamelling, the raised robin motif sparkles with Svenka™ crystals. A heart-shaped charm, formed by graceful angel wings, dangles from the bracelet and is set with a genuine diamond. For a final heartfelt touch, the clasp is engraved with the words *'Always And Forever With You'*, accompanied by a feather and heart charm. A tender sentiment on the reverse adds a lasting tribute of love and remembrance.

Not available on the high street - order your diamond bracelet today

This beautiful jewellery exclusive, will be accompanied by our custom-designed presentation case, Certificate of Authenticity, touching poem card and our famous 120-day guarantee – subject to production commencing. It will be available for just 3 interest-free instalments of £29.99 – that's only £89.97 (plus £6.99 S&S)*. Pay nothing now – simply complete and return your Priority Order Form today! Production dependent on total reservations received. We will notify you should production not proceed within 60 days.

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A visit from a robin means we're never far apart.
You're Spirit lives forever deep within my heart.

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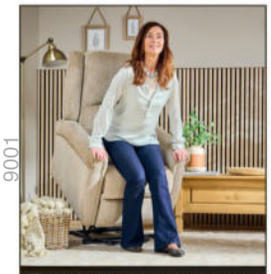

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